

CALGARY

metro®

Tuesday, February 5, 2013



metronews.ca | twitter.com/metrocalgary | facebook.com/metrocalgary

UNLEASH

THE NEW BLACKBERRY® Z10



CONNECT EXCITING SURF text NETWORK TALK SHARE RELIABLE ACCESS CONNECT LIFE NETWORK CHAT
K FRIENDS SURF text NETWORK TALK SHARE RELIABLE ACCESS CONNECT LIFE NETWORK CHAT
AT ACCESS SURF text NETWORK TALK SHARE RELIABLE ACCESS CONNECT LIFE NETWORK CHAT



CALGARY

Deerfoot Meadows
(403) 253-1800

Northland Village
(403) 247-8415

Marlborough Mall
(403) 248-5554
(403) 235-6779

Chinook Park Plaza
(403) 252-2227

Macleod Trail Co-op
Shopping Centre
(403) 287-0870

2015 32 Ave. NE
(403) 291-6801

Shawnessy
Shopping Centre
(403) 254-6901

Marda Loop
(403) 265-5555

Gulf Canada Square
(403) 261-2012

SunCor Energy Centre
(403) 532-5994

Beacon Hill
(403) 295-8006

South Trail Crossing
(403) 257-6655

Crowfoot Crossing
(403) 215-7300

17th Avenue Plaza
(403) 974-3150

Beddington
Towne Centre
(403) 216-9363

T & T Supermarket
(403) 230-3380

London Town Square
(403) 219-2113

Aspen Landing
(403) 727-2019

City Plaza
(403) 263-7595

Okotoks
(403) 995-9349

Airdrie
(403) 948-9865

TD Square
(403) 571-7760

London Place West
Shopping Centre
(403) 246-7333

5244 Falsbridge Gate NE
(403) 280-5533

Market Mall
(403) 202-0200

Sunridge Mall
(403) 280-5151

Chinook Centre
(403) 253-0229

Southcentre Mall
(403) 225-6593

North Hill Centre
(403) 202-1801

Deerfoot Mall
(403) 275-3500

Get the new **BlackBerry® Z10** on Rogers LTE,
**CANADA'S
FASTEST
WIRELESS
INTERNET***

BONUS:
GET UP TO **12 MONTHS**
UNLIMITED BBM™ VIDEO*
WITH SELECT PLANS



BlackBerry®

BBM™ Video with Screen Share
Catch up face-to-face and share what's on your screen.

Super-Fast Browsing
Discover a BlackBerry® Browser with speed, simplicity and powerful page rendering.

The BlackBerry® Keyboard
Write faster and more accurately.

CALL 1 855 890-3165 | CLICK rogers.com/BlackBerry | VISIT your local Rogers retail store

Rogers LTE available in select cities. See rogers.com/LTE

CONNECT EXCITING + NETWORK TALK SHARE RELIABLE ACCESS + NETWORK CHAT
K FRIENDS SURF LIFE TEXT FIRST FAST ACCESS + NETWORK CHAT
AT ACCESS SURF FREEDOM EXCITING FAST ACCESS + NETWORK CHAT



«WIRELESSWAVE»

WIRELESS etc...

► FUTURE SHOP

T booth wireless



*Based on tests comparing download speeds on the Rogers LTE network vs. Bell and Telus' LTE networks within Rogers LTE coverage area. LTE device, LTE SIM and plan required. Actual experienced speeds may vary based on device, topography and environmental conditions, network congestion and other factors. Rogers LTE network available in select Canadian cities. Visit rogers.com/LTE for coverage. © 2013 Research In Motion Limited. All rights reserved. BlackBerry®, RIM®, Research In Motion® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. RIM assumes no obligations or liability and makes no representation, warranty or guarantee in relation to any aspect of any third-party products or services. 1 Up to 12 months unlimited BBM (messaging, video calling and screen sharing) with compatible BB10 device and new activation on any eligible in-market talk and internet plans (6 months with \$70 single line/\$140 family plan; and 12 months with \$80 or \$100 single line/\$160 or \$200 family plan respectively). Usage subject to Rogers Terms of Service and Acceptable Use Policy. Visit rogers.com/terms. © 2013 Rogers Communications.

**BECOME A LEGAL
ADMINISTRATIVE
ASSISTANT!**

Rewarding. Challenging. Opportunity.

www.startyourcareer.ca

**ROBERTSON
COLLEGE**

(403) 920.0070

POST-SUPER-BOWL SLOT NO ELEMENTARY BOOST

CREATOR OF HIT CRIME-DRAMA SERIES STARRING LUCY LIU

HONoured TO SEE THE SHOW GIVEN COVETED TIME SLOT

PAGE 13



CALGARY

metro

®

Tuesday, February 5, 2013



News
worth
sharing.

metronews.ca | twitter.com/metrocalgary | facebook.com/metrocalgary

Teacher relationships threatened: Association

Opposition.

NDP says minister
'shopping around'
idea of legislating
instructor deal



**JEREMY
NOLA**

jeremy.nola@metronews.ca

Legislating a contract for Alberta teachers would create long-standing tension and ultimately be detrimental to student learning, the president of the teachers' association warned Monday.

Carol Henderson, president of the Alberta Teachers' Association, said she was "shocked" to learn provincial Education Minister Jeff Johnson has been broaching the subject of using legislation to end negotiations with teachers in meetings held with school boards across the province.

Similar moves in B.C. and Ontario have "completely destroyed the working partnerships," and led to work-to-rule campaigns in those

Quoted

**"We are supposed to be
partners in education —
we have work to do."**

Carol Henderson, president of the Alberta Teachers' Association

on working with the provincial government

provinces, she added.

"Even raising the topic puts the relationship at risk," Henderson said. "We are supposed to be partners in education — we have work to do."

Johnson's press secretary Kim Capstick said Sunday the ministry had received "mixed" support among boards questioned about a legislated deal, with some openly advocating for the move as a way to remove any threat of labour unrest.

Cheryl Smith, vice-president for the Alberta School Boards Association, reaffirmed early indications her organization's membership is divided on the topic.

"We did know the province was asking about this," she said, before adding the ASBA would only support a

deal that maintained flexibility for school boards to make local decisions.

Teacher negotiations shifted to local bargaining in December after province-wide talks broke down.

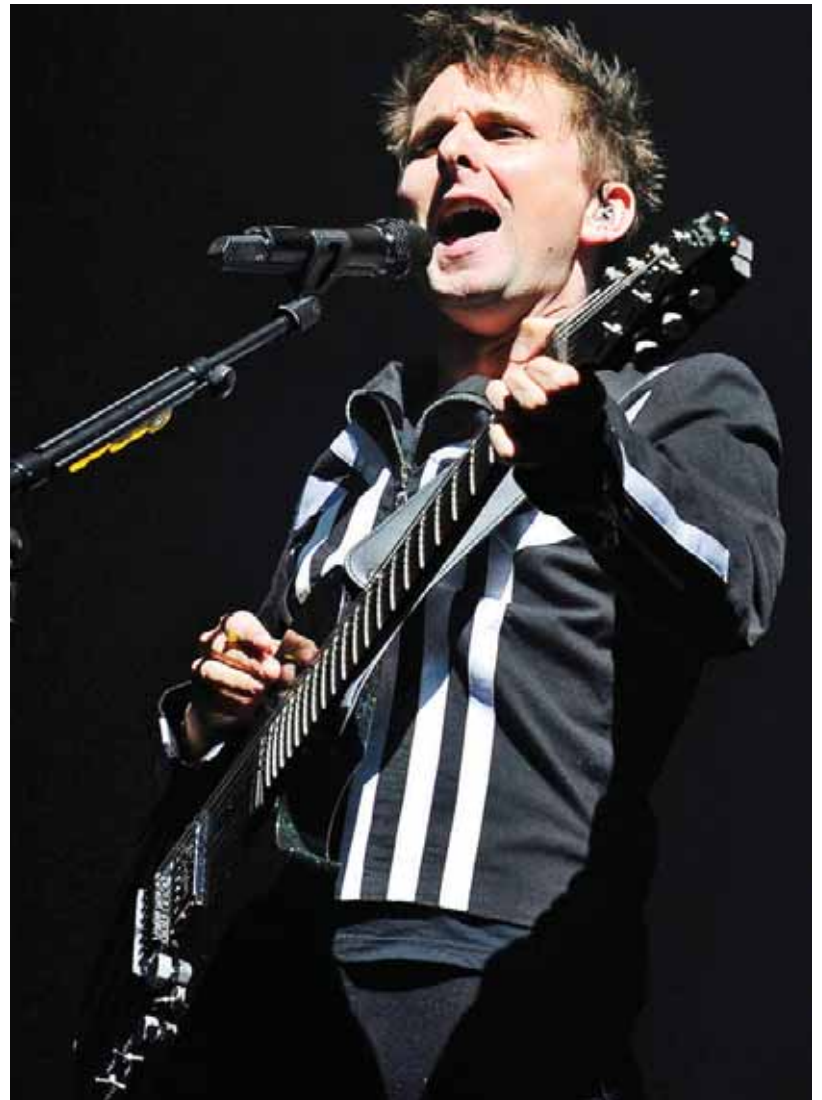
Henderson was quick to question the stance of boards supporting legislation.

"I am disappointed that boards want to give that (negotiating powers) up because I'm going to start to wonder what the heck we need them for?" she said.

While the province has maintained Johnson is merely "inquiring" about the legislative route, NDP education critic David Eggen said boards are telling him its become part of the ministry's "central message."

"(Premier Alison) Redford reached out to teachers to help win the election and now this kind of behaviour is like stabbing them in the back," Eggen said.

Follow Jeremy Nola on
Twitter @Metro_Nola



Muse brings the MADNESS

Matthew Bellamy, lead singer for Muse, thrills the crowd at the Saddledome Monday night during their Calgary stop on The 2nd Law Tour. CANDICE WARD/FOR METRO



On February 12,

the

more

you

text

the

more

you

help

On February 12, for every text message sent or long distance call made by a subscriber*, Bell will donate 5¢ more for initiatives helping the millions of Canadians affected by mental illness.

bell.ca/letstalk

*Regular long distance and text message charges apply



Northeast Calgary. Body found in vehicle

Calgary police say a man's body was discovered in a vehicle in northeast Calgary Monday morning.

Around 9:40 a.m., police responded to the 100 block of 28 Avenue N.E. where they found a man's body.

The homicide unit was called in to assist in the investigation, as the circumstances appear suspicious.

Investigators say no connection has been made at this point between an incident that took place nearby in the 200 block of 28 Avenue N.E. Sunday night.

Police were called to a northeast home for reports of gunshots. After a search of the home, officers found no victims, according to Duty Insp. Craig Coughlan.

"We found both blood and gun-shell casings. We still are looking for victims and suspects," said Coughlan.

He added that investigators did speak to a potential female victim, but she refused to co-operate.

Coughlan said Monday afternoon that other than the proximity of the two incidents, there is nothing to say the shooting and the discovery of the body are related.

"One is being treated as a home invasion and the other is being treated as a suspicious death."

KATIE TURNER/METRO



Police cordoned off a block along 28 Avenue N.E. after a body was found in a car. KATIE TURNER/METRO



Rocky Ridge Royal Oak Community Association president Ward Sutherland, left, and vice-president Jeff Walker say they are not buying claims by board officials that the province is solely to blame for school infrastructure shortcomings in the city. Walker hopes to have a middle school in place for his son Britton. JEREMY NOLAIS/METRO

Communities vie for school projects

Infrastructure. Calgary Board of Education has identified \$667M in capital projects needed over next three years

Community representatives in Royal Oak and Rocky Ridge are planning a family-friendly rally in hopes hundreds will attend and force Calgary's public school board to move them back near the top of its priority-school list.

To the east, the Northern Hills Community Association is jumping headfirst into a talk about the future of neighbourhoods, all the while hoping its plans will convince the same administrators it de-

serves a coveted spot on the list as well.

While the tactic used by each community appears quite different, they share the same goal — capital funding.

However, Calgary Board of Education Supt. Frank Copping was quick to point out it's an internally developed formula — not community outcry — that determines the ranking of capital projects.

"(It's) looking at population statistics and various variables, but they're all based on numbers," he said. "I think the existing methodology has been in place for over a decade and I think it's been very successful — it's removed that emotional conflict between communities."

But Jeff Walker, vice-president and director of

schools for the Rocky Ridge Royal Oak Community Association, said while he's aware a methodology exists, not once has the board explained why a planned middle school dropped from the No. 2 spot to No. 7 in the latest release of the CBE capital plan last spring.

Walker has two sons and moved to the area specifically for the schools — an elementary school, which opened in 2010 and has already turned to a lottery to determine much of its enrolment, and the much-awaited middle school.

"All I have gotten is convoluted references to statistics ... it's hilarious," he said.

Northern Hills was once given hope for a north-central high school when such a project appeared on the CBE

Events

The Rocky Ridge Royal Oak Community Association will hold its rally advocating for a new middle school Feb. 18 from 11 a.m. to 12:30 p.m. at the Rocky Ridge Ranch. Northern Hills Community Association, meanwhile, is planning a community meeting for Feb. 28.

capital plan a half-decade ago, but it's since been replaced by other projects, according to association president Wendy Cavanagh.

"There's only so much money — we are all basically fighting each other off the ladder for schools," she said.

JEREMY NOLAIS/METRO

Edison
AT WALDEN
ANOTHER STEP FORWARD

INNOVATIVE SOUTH CALGARY TOWNHOMES
WITH 2 CAR GARAGES
FROM THE \$250S

SALES CENTRE NOW OPEN | WINTER 2013/14 POSSESSIONS
285 Walden Drive SE | 403.536.7236 | aviurban.com/edison

AVIurban

THE HOTTEST NEW DANCE WORKOUT

LOSE INCHES FAST!

FREE INTRODUCTORY CLASS!
CLIP THIS COUPON & BRING IT WITH YOU TO ATTEND YOUR FIRST CLASS ABSOLUTELY FREE!
REGISTER ON LINE dancezation.ca COUPON HAS NO CASH VALUE EXPIRES FEB. 28/2013 - NEW CUSTOMERS ONLY

DANCE YOUR WAY FIT & TRIM!

Dance Zation Fitness
PH 403-973-0697
231 B Forge Rd SE
dancezation.ca

CLIP THIS AD & BRING IT IN!

Scarred for life. Dog rescued in rural Alberta has severe burn wounds

Scarred for life, a young pup rescued in rural Alberta is back on her feet and will be looking for a new home in a month's time.

Annie, a mixed breed likely no more than two years old, was found north of Calgary last week by the Alberta Animal Rescue Crew Society and is now being constantly monitored by staff as she is treated for severe wounds on her back, according to executive director Deanna Thompson. The burns will leave permanent scars.

"They certainly look like burn wounds," Thompson said. "The worst part is really the smell."

The society cannot definitively say whether Annie's wounds came as a result of animal cruelty because she had no tags or identifying chip



The burns on Annie will leave permanent scars. COURTESY OF ALBERTA ANIMAL RESCUE CREW SOCIETY

when rescued.

To inquire about helping or adopting Annie, you can email adoptions@aarcs.ca.

JEREMY NOLAIS/METRO

Smoke from basement

No injuries in NW duplex fire

Two people and their pets escaped after a fire started in their northwest Calgary duplex Monday evening.

Calgary firefighters responded around 6 p.m. to a home located in the 400 block of Coleridge Road N.W., and upon arrival discovered smoke coming from the rear basement area of the duplex.

No one was injured.

METRO

Spotted near school

Info sought on suspicious man

The Calgary Police are investigating after several reports of a suspicious person spotted in recent weeks near a southeast Calgary school.

A white male, 40, five-foot-10 with a scruffy appearance and grey hair and wearing orange boots has been seen three times — Jan. 17 and 31 and Feb. 1 — near the Glenmore Christian School. METRO

511. Alberta government launches new information service for commuters

The Alberta government has launched a new website to provide travellers with updated weather information, traffic cameras, construction information and highway closures, to replace the Alberta Motor Association Road Report service. Road updates will also be provided on Twitter at @511Alberta.

511.alberta.ca, which can

also be accessed by calling 511 toll-free from anywhere in Alberta, launched Monday and combines a number of services on one map.

"511 Alberta will help you better plan your trips and make our highways safer, especially during the winter months," said Minister of Transportation Ric McIver, in a release. METRO

Set of five. Canada Post stamp released last month features Alberta man's image



KATIE TURNER
katie.turner@metronews.ca

Red Deer photographer Tim Van Horn has travelled thousands of miles taking photos across Canada, and now one of his photos will be sent around the world.

Van Horn's photo is one of five featured on a new set

Blessing

"To have something as positive as this come out of this, it's just a blessing for me."

Tim Van Horn, photographer whose work is featured on a Canada Post stamp

of Canadian Pride stamps released by Canada Post.

In October 2008, Van Horn began the Canadian Mosaic Project — a mission to take photos of 36,000 Canadians to create one giant Canadian flag mosaic to be revealed in 2017 at the 150th Canada Day.

While travelling the country in his Canadian Mosaic

van, Van Horn has also been collecting photos of interesting Canadian flags, many of which he's posted online.

"I have quite a collection of Canadian flag imagery, so Canada Post found me randomly on the web," he said.

His chosen photo is of an ice-fishing hut on Lake Scugog in Ontario.

Van Horn said that as someone who has "a real love affair with the people of Canada," the stamp means a great deal.

"It's massive. It's a major accomplishment," he said. "Of course I'm thrilled and flattered to be included in something like a stamp."

Now, nearly halfway through the Canadian Mosaic Project, Van Horn has taken portrait shots of about 19,000 Canadians in every province and territory, and the stamp is motivation to keep going.

For more on Van Horn's project, visit canadianmosaic.ca.



Red Deer photographer Tim Van Horn's photo of an ice fishing hut on Lake Scugog in Ontario is currently featured on a set on Canada Post stamps. FACEBOOK.COM

A photographer's stamp of success

'Be prepared' for cost-saving measures, new education minister warns Alberta universities

Even as Calgary universities have already made it clear they are struggling to balance the books, Alberta's newly minted advanced education minister hinted on Monday that administrators may be required to do more with less.

In a move touted as a cost-saving measure, the governing

Tories announced deputy premier Thomas Lukaszuk will now split his time with the advanced education portfolio, replacing Stephen Khan, who was bumped from the cabinet altogether. Shortly after his appointment was announced Monday, Lukaszuk made it clear that universities will play

a role in helping the province close a \$6-billion funding gap ahead of the provincial budget rollout next month.

"I expect as large as possible a portion of dollars to be ending up in classrooms and in research that is relevant to Alberta.... Be prepared to take a solid look at how we fund

our post-secondary institutions and what return on investment our students and Albertans as a whole receive."

Initial projections at Calgary's Mount Royal University indicated the institution's operating budget could fall \$5.4 million short in 2013-14 and \$6.2 million the following year.

Data provided by the University of Calgary for the upcoming 2013-14 school year indicates expenditures there will rise five to six per cent. But provincial grant funding was only committed to rise two per cent even before the \$6-billion shortfall was realized.

JEREMY NOLAIS/METRO



Thomas Lukaszuk METRO FILE



... IS BRINGING THE HEAT ...

4x4 PRICE MELTDOWN!

DANGEROUSLY LOW 4x4 PRICES!



**2013 CHEVROLET
SILVERADO**
3500HD 4WD
CREW CAB



6.6L V8 DURAMAX DIESEL, 6-SPEED AUTO, ALLISON, PWR REAR WINDOW/SUNROOF, HEATED & COOLED FRONT SEATS, DRIVER CONVENIENCE PACKAGE, REAR WHEELHOUSE LINER, HIGH IDLE CTRL SWITCH, REAR VISION CAM, NAVIGATION, DELUXE APPEARANCE PKG OFFROAD PKG.

OVER \$13,800 IN SAVINGS!
MSRP: \$77,355

CMP SPECIAL: \$63,499

\$186
/WEEK!

LESS THAN 30 SILVERADO 3500HD MODELS REMAINING! SHOP AT CMPAUTO.COM

**2013 CHEVROLET
SILVERADO**
1500 LS 4WD
EXT CAB



4.8L V8 AUTOMATIC, A/C, UPGRADED TIRES, BLUETOOTH, REMOTE KEYLESS ENTRY, PWR LOCKS/WINDOWS, ONSTAR, REAR LOCKING DIFFERENTIAL, DRIVER CONVENIENCE PKG, STEERING WHEEL AUDIO CTRLS

OVER \$9,700 IN SAVINGS!
MSRP: \$38,785

CMP SPECIAL: \$29,998

\$88
/WEEK!

0% FINANCING AVAILABLE!*

OVER 290 SILVERADO 1500 MODELS IN STOCK! SHOP NOW ONLINE!



**2013 GMC
SIERRA**
1500 SL 4WD
CREW CAB



4.8L V8 AUTOMATIC, A/C, PWR LOCKS, REMOTE KEYLESS ENTRY, ONSTAR, SIRIUS XM RADIO, BLUETOOTH, REAR LOCKING DIFFERENTIAL, DRIVER CONVENIENCE PKG, STEERING WHEEL AUDIO CTRLS

OVER \$10,100 IN SAVINGS!
MSRP: \$42,355

CMP SPECIAL: \$32,190

\$94
/WEEK!

0% FINANCING AVAILABLE!*

WE HAVE OVER 430 SIERRA 1500 MODELS! FIND YOUR PERFECT FIT!

EARN UP TO **3,000**



AIR MILES REWARD MILES
WHEN YOU PURCHASE OR
LEASE A NEW VEHICLE!

PROMOTION ENDS FEB 28TH, 2013.
GET YOUR AIRMILES BEFORE IT'S TOO LATE!
FOR FULL DETAILS, VISIT
AIRMILES.CMPAUTO.COM

SEE OUR MANAGER'S SPECIALS
AND OTHER SPECIALS ONLINE!
SPECIALS.CMPAUTO.COM

★ ★ ★ **Service Special**

**LUBE, OIL
& FILTER
PACKAGE**

includes
**34 POINT
INSPECTION +
TIRE ROTATION**

STARTING FROM only
\$89.95

Goodwrench Service
EXPERT SERVICE AT COMPETITIVE PRICES.



403-930-1634
CMPAUTO.COM

1313 36 St. NE, Calgary, AB, T2A 6P9



BANKRUPTCY | DIVORCE | NO CREDIT
NEW CREDIT | NEW TO CANADA
100% APPROVAL RATING
403.569.5416
CALGARYAUTOFINANCING.COM



*0% FINANCING: AVAILABLE O.A.C. @ 0% FOR 72 MTHS. PAYMENTS ADVERTISED DO NOT REFLECT 0% FINANCING. 1. O.A.C. @ 5.99% FOR 96 MTH. TAXES (GST, \$20 TIRE & \$100 A/C) AND FEES (\$449 ADMINISTRATION, \$149.95 WHEELS LOCKS AND NITROGEN & \$6.25 AMVIC) NOT INCLUDED. ERRORS AND OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY AS SHOWN.

Authorities storm bunker in Alabama: Boy safe, man dead

Six-day standoff ends. Officials were refusing to say how abductor died in hostage-taking

Authorities stormed an underground bunker Monday in Alabama, freeing a five-year-old boy who had been held hostage for nearly a week in the tiny backyard shelter and leaving the boy's abductor dead.

After days of fruitless negotiation, talks had deteriorated with an increasingly agitated Jimmy Lee Dykes, who had kidnapped the child from a school bus after killing the driver.

Dykes had been seen with a gun, and officers concluded the boy was in imminent danger, said Steve Richardson of the FBI's office in Mobile.

Prior to press time, officials were refusing to say how the 65-year-old died.

Throughout the ordeal, authorities had been speaking with Dykes through a plastic pipe. They also sent food, medicine and other items into the bunker, which apparently had running water, heat and cable.

Authorities said the kidnapper appeared unharmed. Officials have said he has Asperger's syndrome and attention deficit hyperactivity disorder.

FBI technicians were checking the property for explosives and plan to look more closely when it's safe, FBI spokesman Jason Pack said.

Daryle Hendry, who lives about 400 metres from the bunker, said he heard a boom Monday afternoon, followed by what sounded like a gunshot.

THE ASSOCIATED PRESS



Officers charged the bunker after the kidnapper was seen with a gun, an FBI official said. JAY HARE/THE DOTHAN EAGLE/THE ASSOCIATED PRESS

Justice. Victims of child abuse praise legal update

Promises to give victims a formal role in Canada's criminal-justice system and to stiffen penalties for those who commit sex crimes against children are important — if overdue — initiatives, two abused former hockey players said Monday.

Speaking after a roundtable with the justice minister, Greg Gilhooly and Sheldon Kennedy said the Conservative government was on the right track.

A victim's bill of rights was one of three get-tough-on-crime themes the government plans to emphasize this year, Justice Minister Rob Nicholson said.

"Right now a victim is simply a witness — we're at the beck and call of other people," Gilhooly said.

Tougher child-abuse laws are also a priority. Currently, small-time marijuana growers face stiffer mandatory minimum sentences than those who rape children.

Nicholson also promised legislation to make public safety the "paramount consideration" in cases where accused criminals are found not criminally responsible by reason of a mental disorder.

THE CANADIAN PRESS

Sovereignty movement

Quebec a victim of 'ethnocide': Group

A pro-independence organization unveiled a new study Monday that identifies 92 ways in which the Canadian federation hinders Quebec's development against the interests and values of Quebecers.

The report underlines a wide range of issues such as the end of the long-gun registry, competing

regional interests in energy policy and how 27 new federal ridings have been created outside Quebec compared to only three within it.

The first item on the list says Ottawa has allowed anglophone provinces to commit "soft ethnocide."

The study was conducted with the help of partisan money from pro-independence political parties, including the Parti Québécois.

THE CANADIAN PRESS


COLLEGE





Become a Health Care Aide in 5 Months

- ✓ We offer accredited programs, **Alberta Government** approved, that will lead to a more rewarding career
- ✓ Flexible class schedules: **Mornings, Afternoons, Evenings and Weekends**
- ✓ Funding available for those who qualify

Health Care Aide

your FUTURE starts here...

403.719.4300
3516 26 Street NE, Calgary AB (Opp. Greenwood Inn)
info@abmcollege.com
www.abmcollege.com

**Health Care Aide • Medical Office Assistant • Massage Therapy
Business Administration • Accounting & Payroll • First Aid & CPR**

HAIR LOSS PROBLEM?

Find the solution to your hair loss problem today,
BEFORE IT IS TOO LATE!
 Natural Hair Regrowth With **FU YAN's** Special Treatment System & Chinese Traditional Premium Herbs. (works for Men & Women)
Reasonable, Faster, and Better Results!

BEFORE	BEFORE	BEFORE	BEFORE
			
AFTER	AFTER	AFTER	AFTER
			

*These actual before and after pictures will build your confidence in the FU YAN system. We will not deceive our customers with the use of false bald model's photographs and misleading advertising.

Many Albertan's have thanked **FU YAN**
EXCELLENT SUCCESS RATE
 Some conditions apply

- No Medication • No Surgery
- No Side Effects • No Gimmicks

FU YAN NATURAL HAIR
 REGROWTH TREATMENT CENTRE™
 Suite 201, 2705 Centre St. NW Calgary AB T2E 2V5
 TEL: **230-0200** FAX: **230-0213**



Now available for iPad, iPhone and iPod touch!

CANADA'S FIRST NEWS APP IN NEWSSTAND

Available on the App Store



*First to market as of press time.

MEMBERS GET

THE RE-INVENTED BLACKBERRY® Z10 WITH BENEFITS.

Get the re-invented BlackBerry Z10 with features like Time Shift to ensure the perfect shot. Plus, Virgin Mobile Members get Exclusive Access & Deals from our awesome partners.



BlackBerry

\$149⁹⁹



IT'S BETTER TO BE A MEMBER

virginmobile.ca/blackberry



Limited time offer. One-time activation charge (\$35) may apply to each line. Taxes extra. 911 monthly fees apply in NB (53¢), NS (43¢), PEI (70¢), SK (62¢) and QC (40¢). Pricing is valid only on new smartphone activations on a 3-year term on a Platinum plan. Upon early termination, price adjustments apply; see your Service Agreement for details. Phone and some colours may not be available at retailers. See virginmobile.ca for details and restrictions. Screen image simulated. Member Benefits subject to change/cancellation at any time without notice. © 2013 Research In Motion Limited. All rights reserved. BlackBerry®, RIM®, Research In Motion® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. RIM assumes no obligations or liability and makes no representation, warranty or guarantee in relation to any aspect of any third-party products or services. Certain other product names, brand names and company names may be trademarks of their respective owners. The VIRGIN trademark and family of associated marks are owned by Virgin Enterprises Limited and used under licence. All other trademarks are trademarks of Virgin Mobile Canada or trademarks and property of the respective owners. © 2013 Virgin Mobile.

Take greater interest in your savings.

Earn Bonus Interest on your savings.

2%*

on New Balances
Limited Time

- CIBC TFSA Tax Advantage Savings Account*
- CIBC RRSP Daily Interest Savings Account

Conditions apply.

Speak to a CIBC advisor today.

Visit any branch, go to cibc.com/bonusinterest
or call 1 866 525-8622.



**FOR
WHAT
MATTERS.**

*This is a combined bonus and regular annual interest rate paid on new balances deposited to a CIBC TFSA Tax Advantage Savings Account ("TFSA") and/or CIBC RRSP Daily Interest Savings Account ("RRSP DISA"). The bonus and/or regular rates may change at any time without prior notice. Ask a CIBC advisor for current rates. How it works: the applicable regular interest is paid on the full daily closing balance for each. In addition, on days when the closing balance exceeds the Oct 31/12 closing balance (the difference between the two balances is a "new balance"), the new balance earns a bonus interest rate for that day. Interest is calculated daily on each day's final balance and paid monthly. Bonus interest rate offer expires Mar 28/13. Other conditions apply; ask in-branch or see cibc.com/bonusinterest for full terms and conditions.

®Registered trademark of CIBC. "CIBC For what matters." is a TM of CIBC.

Fighting for education. Girl shot by Taliban says she won't back down

In her first video statement since she was nearly killed, a Pakistani schoolgirl shot by the Taliban remained defiant in arguing for girls' education, saying Monday she would keep up the same campaign that led to her attack.

Malala Yousufzai, 15, said she is "getting better, day by day" after undergoing weeks of treatment at a British hospital.

"I want to serve the people. I want every girl, every child, to be educated. For that reason, we have organized the Malala Fund," she said in the video, made available by a public relations firm.

Malala drew the world's attention when she was shot in



15-year-old Malala Yousufzai
QUEEN ELIZABETH HOSPITAL/
THE ASSOCIATED PRESS

the head by Taliban militants on Oct. 9 while on her way home from school in northwestern Pakistan. The Islamist group said it targeted her because she promoted girls' education and "Western thinking." THE ASSOCIATED PRESS

First man in 8 years

New secretary of state Kerry settles in

New U.S. Secretary of State John Kerry reported for duty Monday, acknowledging that as Hillary Clinton's successor he has "big heels to fill" and promising to protect U.S. foreign service

workers from terrorist attacks overseas.

As the first man in the post in eight years, the former senator and 2004 Democratic presidential candidate referred to his two most recent predecessors, Clinton and Condoleezza Rice, by asking in jest: "Can a man actually run the State Department?" THE ASSOCIATED PRESS

U.S. skeptical of Iranian monkey's space voyage



Scientists surround a monkey ahead of a space launch in an undisclosed location in Iran. The country's government is claiming the monkey pictured was a backup amid accusations that the primate who is claimed to have landed looked different. MOHAMMAD AGAH/ISNA/THE ASSOCIATED PRESS

Primate swap?

Country's president expresses desire to travel to space after alleged success

The United States expressed doubt on Monday about Iran's claim that it safely returned a monkey from space, saying it is questionable that the monkey survived — or if the flight happened at all.

State Department spokesperson Victoria Nuland said a lot of questions remained "about whether the monkey that they reportedly sent up into space and reportedly came down was actually the same monkey, (and) whether he survived."

"The Iranians said they sent

Suspicion

Washington and its allies worry the Iran space program may be cover for ballistic-missile technology development.

a monkey, but the monkey they showed later seemed to have different facial features," Nuland told reporters. "He was missing a little wart."

Tehran blames the confusion on Iranian media for initially using a photo of a backup monkey. It says the monkey orbited and returned safely, and President Mahmoud Ahmadinejad added Monday that he would consider being Iran's first astronaut in space.

Nuland described Ahmadinejad's proclamation as an "interesting choice," but was more diplomatic than Republican Sen. John McCain, who joked about Ahmadinejad's ruminations earlier Monday.

"Wasn't he just there last week?" McCain said in a tweet and linked to a story about the space-orbiting monkey. But it wasn't funny to Michigan Rep. Justin Amash, who tweeted, "Maybe you should wisen up & not make racist jokes."

Jonathan McDowell, a Harvard astronomer who tracks rocket launchings and space activity, backed up Iran's claim that the monkey space flight was real. THE ASSOCIATED PRESS

THE GREAT WINTER WARM-UP EVENT

**UNLIMITED
DATA+TALK+TEXT
\$30/MO**



Samsung GALAXY Q

\$129⁹⁹
was \$169.99

3.2" touch screen with side-sliding Qwerty keyboard



mobilicity.ca

Taxes are extra. Offer valid at participating locations only. Dealer may sell handsets for less. Limited time offer and available to new activations only. Receive Unlimited Data, Talk and Text for \$30/month for 12 months. Restrictions may apply on combining offers with other offers or promotions. All unlimited features included in each plan/add-on, including unlimited talk, text and data features, must originate and be used within the Mobilicity Unlimited Zones. Premium and special numbers are excluded. Additional terms and conditions apply. Subject to change without notice. ©2013 Mobilicity. 'Mobilicity', 'Now that's smart', the Mobilicity designs and the Mobilicity logo are trademarks of Mobilicity. Other trademarks shown may be held by their respective owners. All rights reserved.

mobilicity™
Now that's smart.

Mobilicity Stores

Sunridge Mall
Northland Village Mall
Pacific Place Mall
Marlborough Mall
Deerfoot Mall
1518 Centre St NE,
Unit 195
77 Castleridge Blvd NE
4805 17th Ave SE
Westbrook Mall
Art Central Mall

Authorized Dealers

Great Tel Mobility: 4908 17th Ave SE, Unit 101 Express Computer Store: 9737 MacLeod Tr SW, Unit 210	Ascot Business Systems: 3716 61st Ave SE, Unit 104A Stanley Park Grocery: 4649 MacLeod Tr SW	Speedbit: 5401 Temple Dr NE, Unit 106 Hing Wah Imports: 312 Centre St SE IC Computers: 3715 51st St SW, Unit 122	Martindale Video Crossing: 83 Martindale Blvd NE Magic Printing: 8330 MacLeod Trail SE Mobile Depot: 7004 MacLeod Trail SE, Unit 103	2555 32nd St NE, Unit 319 4518 17th Ave SE 11732 Sarcree Trail NW 261055 Crossiron Blvd, Unit 263 5222 130th Ave SE
--	---	---	---	---

Inspired recycling

Alaskan brewery is 'beer-powered'

The Alaskan Brewing Co. is going green, but instead of looking to solar and wind energy, it has turned to a very familiar source: beer. The Juneau-based firm purchased a \$1.8-million furnace that burns the company's spent grain — the waste accumulated from the brewing process — into steam, which powers the majority of the brewery's operations. Company officials joke they are now serving "beer-powered beer."

THE ASSOCIATED PRESS

Market Minute

DOLLAR
100.14¢ (-0.13¢)

TSX
12,717.62 (-51.20)

OIL
\$96.17 US (-1.6¢)

GOLD
\$1,676.40 US (+\$5.80)

Natural gas: \$3.32 US (+1¢)
Dow Jones: 13,880.08 (-129.71)

New regulations

U.K. banks aren't 'too big to fail'

Britain's treasury chief warned the country's banks Monday they face being broken up if they fail to protect their retail operations from their riskier investment arms. In describing the new regulatory measure, George Osborne told JPMorgan executives the days of banks being "too big to fail" are over in Britain, and taxpayers shouldn't be expected to bail out the lenders. The next time a crisis hits, he wants more options. THE ASSOCIATED PRESS

Overhaul work

Air Canada's heavy maintenance must be done here: Court

Quebec Superior Court has ruled that Air Canada is contravening federal law by not maintaining heavy-maintenance operations in Canada. The ruling says the airline has an obligation under the Air Canada Public Participation Act to maintain such operations in Montreal and Winnipeg. THE CANADIAN PRESS

Farewell one-cent coins, hello symmetrical rounding

Cash register confusion.

Now that the penny's days are numbered, how will retailers decide what to charge?

The Canadian penny took another step Monday on what could be a long road to extinction, with businesses given the ultimate short-term power of deciding whether they want to keep accepting them.

The Royal Canadian Mint officially ended its distribution of one-cent coins to Canada's financial institutions.

But businesses can still accept the copper pieces as long as they choose, says Shelly Glover, the parliamentary secretary to Finance Minister Jim Flaherty.

"Pennies will retain their value indefinitely so they can continue to be used as long as they are available, and with businesses that are willing to accept them," Glover said at a Shoppers Drug Mart store in Ottawa's south end.



The household penny jar may soon become a thing of the past. The one-cent coin is being officially phased out, and retailers who don't want to accept pennies anymore will round cash transactions to the nearest nickel. RYAN REMIORZ/THE CANADIAN PRESS

Flaherty announced the demise of the penny nearly a year ago as a cost-saving measure as the mint was spending more to make pennies than they were worth. The last penny made came out of the mint's Winnipeg facility in May of last year.

Retailers who decide to no longer accept pennies as part of cash payments will have to round up or down consumer

purchases to the nearest five cents. "When pennies are not available, cash payments will need to adapt," said Glover.

As an example, if a cash purchase totals \$1.61 or \$1.62, a retailer who doesn't want to deal with pennies would charge a customer \$1.60.

If the purchase adds up to \$2.28 or \$2.29, the customer would be charged \$2.30.

The government calls it

In memoriam

- Google's Doodle paid tribute to the Canadian penny on Monday, which was the day the mint stopped distributing the coin. The word Google was copper-coloured and the first O was a spinning 2013 penny — a coin that was never minted.



GOOGLE SCREEN GRAB/METRO

symmetrical rounding.

Essentially, any final cash amount that ends with a 1, 2, 6 or 7 would be rounded down to the nearest five- or 10-cent increment. Purchase totals ending in 3, 4, 8 and 9 would be rounded up.

Electronic purchases, such as those online or using debit or credit cards, will still be billed to the cent.

THE CANADIAN PRESS



FIND WORK-LIFE BALANCE

Finding balance between your career and your personal life is important to your overall health and happiness. Healthcare has exciting, rewarding and flexible career opportunities to fit your lifestyle.

SAIT Polytechnic's School of Health and Public Safety is offering a nine-month Medical Transcriptionist program. Graduates are in high demand, with job opportunities in clinical environments or at-home employment.

Medical Transcriptionists specialize in medical language, interpreting and transcribing medical dictation detailing patient care during or after medical treatment.

START YOUR CAREER AS A MEDICAL TRANSCRIPTIONIST TODAY!

CALL 403.210.5819 FOR MORE INFORMATION OR APPLY NOW AT SAIT.CA

SCHOOL OF HEALTH AND PUBLIC SAFETY

FURTHER YOUR PASSION



THEY CAN'T BUILD IT UNTIL YOU DESIGN IT

WHAT WILL YOU DESIGN
AS AN ARCHITECTURAL CAD TECHNICIAN GRADUATE?

NOW ACCEPTING APPLICATIONS FOR SPRING TERM
Call 1-877-414-0200

DIGITAL School
computer aided design training

#304, 10205-101 STREET, EDMONTON

digitalschool.ca

ONLINE PROGRAMS AVAILABLE



Open doors to the most opportunities in Canada.

Why do we always imagine the doors of opportunity being closed? Why do we feel lucky just to get a foot in the door? At Workopolis, you'll find doors to the most online job postings in Canada wide open. Doors that lead to great opportunities in your field and location. Why wait? Search jobs on Workopolis today and open the door to the next step in your career.

workopolis.com/open

Based on six-month average online job postings for period ending January 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator site. Statistics provided by WANTED Technologies (www.wantedtech.com). © 2013 Workopolis.



WORKOPOLIS

IT'S TIME TO THROW OUT THAT LIFE SCHEDULE



**SHE
SAYS...**
Jessica Napier
metronews.ca

If you're nearing 30 years old and have been with your significant other for a while, you are doomed to suffer through relentless questioning about when you're going to get married. Established relationship math dictates that there's a threshold beyond which the sum of your ages multiplied by the number of years you've been together equals a wedding. Of course, there's no relief for those who have actually tied the knot. Newly betrothed couples are inevitably subjected to the "When are you going to have a baby?" question from tactless co-workers and nosy aunts.

It seems that we're obsessed with judging other people's relationships based on whether or not they've hit these milestones of adulthood. Even though many of us are unprepared or uninterested in marriage and parenthood, people always want to know how far along you are on this culturally constructed life schedule.

But here's the thing about relationships: They don't unfold according to a perfectly predictable script. They are messy and complicated, and the timing is almost never right. You can be with the same person for a decade and suddenly find yourself alone again or you can meet someone tomorrow and start a family with them just a few months later.

It can be challenging at times to remain close with our friends when we are hitting these different life stages in seemingly random order. In my own peer group, the conversations can range from daycare availability to salary reviews to the results of an STD test. If a friend tells me she's pregnant, I have to take a beat to assess whether she thinks that's a good thing. But even though our existing in various stages of maturity can make it hard to relate to one another at times, the diversity certainly keeps things interesting.

Recently, a friend asked if she thought we might have children at the same time so they could go to school together. I laughed at her earnest assumption that we could ever plan such a made-for-TV life for ourselves. In reality, it just doesn't work like that. We are not marching along through life in unison while adhering to some sort of rigid master plan. We are winding back and forth, detouring along the way and maybe even getting a little lost sometimes.

It's OK — preferable even — if the relationship math doesn't add up and we veer off course every once in a while. Because wouldn't it be so utterly boring if all of life's milestones were predictable?

Follow Jessica Napier on
Twitter @MetroSheSays

Take social convention and toss
it out with yesterday's trash.

GETTY IMAGES

Just chillin' at the car park



UNIVERSITY OF LEICESTER/THE ASSOCIATED PRESS

Parking lot find

Skeleton said to be King Richard III

This undated photo made available by the University of Leicester, England, shows remains found underneath a parking lot last September at the Grey Friars excavation in Leicester. The skeleton was declared Monday "beyond reasonable doubt" to be that of England's King Richard III, whose remains were missing for 500 years.

THE ASSOCIATED PRESS

Wars of the Roses

Killed in battle by army of Henry Tudor

Richard III ruled England between 1483 and 1485, during the decades-long battle over the throne known as the Wars of the Roses, which pitted two wings of the ruling Plantagenet dynasty — York and Lancaster — against one another.

But he was defeated and killed by the army of Henry Tudor, who took the throne as King Henry VII and ended the Plantagenet line.

THE ASSOCIATED PRESS

Little doubt

A Canadian's DNA confirmed identity

DNA from the skeleton matched a sample taken from Michael Ibsen, a distant living relative of Richard's sister. The project's lead geneticist, Turi King, said Ibsen — a Canadian carpenter living in London, England — shares with the skeleton a rare strain of mitochondrial DNA. His father Norm still lives in London, Ont.

King said that between one and two per cent of the population belongs to



Michael Ibsen GETTY IMAGES

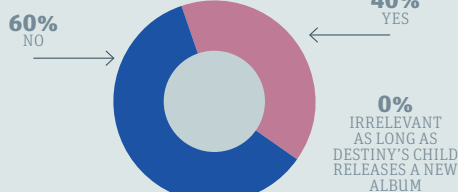
this genetic sub-group, so the DNA evidence is not definitive proof in itself of the skeleton's identity. But combined with the archaeological evidence, it left little doubt the skeleton belonged to Richard.

THE ASSOCIATED PRESS



Register at metropolitanpanel.ca
and take the quick poll

Do you think Beyoncé was lip-syncing
during her performance at the Super Bowl
halftime show?



Twitter

@CodyCoates:

"My favourite thing about Monday is..." - Said nobody after the Super Bowl #yyc

@amandapreece:

It's Feb 4th and I'm having lunch on a patio. In Calgary. I am very, very okay with this! #yyc

@K_van22:

Just watched a #yyc alderman walk around a parking lot for a good 5 minutes trying to find their vehicle. I find this worrisome.

@JDfromCJAY:

Traffic note: it smells like hot dogs in downtown Calgary right now. #yyc #yyctraffic

@omandaway:

it's official, Calgarians are nuts- it's +1 and I just saw a dude with the top down on his car #itsnot-thatwarm #yyc

@alinamartin:

Dear CrowChill trail - you suck. #yyc #traffic

DVD review



Flight

Director. Robert Zemeckis

Stars. Denzel Washington, Don Cheadle, Nadine Velazquez

Denzel Washington's portrayal of pilot Whip Whitaker, a man on the upper of heroics and the downer of substance abuse, deserves all the kudos he's garnered. Whip's at the controls with co-pilot Ken Evans (Brian Geraghty) when the plane they're flying from Orlando to Atlanta is hit with a calamitous mechanical failure that slams them into a steep dive. Whip takes charge and manages an incredible landing, in which only six of 102 passengers and crew onboard are killed. Whip's a hero. But a mandatory post-crash blood test reveals he was flying bombed. It's a stunning opening by director Robert Zemeckis, who previously filmed a doomed ride in 2000's *Cast Away*. But *Flight*'s high-tension opening is a mixed blessing, as it challenges the rest of the film to live up to its thrilling scenes, a near-impossible task as the drama moves on to its earthbound plot. Zemeckis and screenwriter John Gatins suddenly yield to dull convention, introducing in quick succession a romantic fellow addict (Kelly Reilly), a comic enabler (John Goodman), a stoic union rep (Bruce Greenwood) and a wily lawyer (Don Cheadle). None of these fine actors get much screen time, but the film wins on the strength of Washington's Oscar-nominated performance alone.

PETER HOWELL

Creating a hit show? It's Elementary

Look ahead. Creator mum on who will play Moriarty, but says the series will become less murder-of-the-week when Holmes' nemesis arrives on the scene



NED EHRBAR
Metro World News in Hollywood

CBS's hit *Elementary* — a modern take on Sherlock Holmes set in New York City — took the coveted post-Super Bowl slot Sunday night on that network, an honour rarely bestowed on a freshman series. On the tail of such a high-profile unveiling, creator and executive producer Rob Doherty gives us some updates on what's to come for the rest of the series' first season.

That post-Super Bowl slot didn't add that much extra stress

"I'm stressed out all the time anyway. So it's hard to go from 10 to 11," says Doherty. "You know, mostly what we felt was great excitement. Again, it's an honour, it's a privilege, it's an incredible opportunity to expose the show to people who may not have checked it out yet. And so we tried to take all that into consideration as we developed the story that we felt, you know, not only was a good example of what the show can do, but something that our regular audience would really have fun with as well."

Moriarty is indeed coming:

"We cannot wait to get more serious about Moriarty," Doherty admits. "In

this day and age, it's virtually impossible to stunt a role and not have everyone in the universe know that this person is coming and will be revealed as this character. So we're approaching it very carefully and as quietly as we can. At the end of the day, we want a tremendous actor, but it's less fun for me if all of you know who it is and when they'll arrive and what they'll be doing. But it's a problem in the immediate future. We have a few more weeks, I think, before we have to sweat that."

When Moriarty arrives, the show will become less murder-of-the-week

"I foresee us getting a bit more serialized than we have been as we get into something of an end run for this first season," explains Doherty. "We'll still look to have a case that begins and ends over the course of a single hour of television, but you want to dollop Moriarty out appropriately, you know? Some of the specifics still need to be ironed out, but yes, as we get closer and closer to wrapping the season there will be a bit more serialization."

Moriarty aside, more figures from Sherlock's past are on the horizon

"At the moment we're actually working on an episode where we will meet Sherlock's dealer from London," Doherty teases. "We'll get, again, a little window into Sherlock, and his experience in London is going to open that much wider for having met this character. And we're lucky enough to have John Hannah (Spartacus) playing that role."



Will *Elementary* get a big boost from its post-Super-Bowl slot? HANDOUT

Lucy Liu critiques her critics

Since it was announced that Lucy Liu would be co-starring as Watson on *Elementary*, the actress has faced a surprising amount of criticism over the idea of portraying the classic character as a woman. Much of that has died down since the show premiered, but some lingers. Liu has her own theories about what the haters are really trying to say. "I think

more so it would be interesting that people haven't criticized that Watson is Asian American, because it's not PC. I'm sure that they're shocked and appalled that it's a female, but the fact that it's also a different ethnicity — they'd love to say something about that, but they'll get attacked. So in some ways I'm lucky because it's not PC enough to discuss it."

2 SCENE



INNOVATIVE SOUTH CALGARY TOWNHOMES
WITH 2 CAR GARAGES
FROM THE \$250S

SALES CENTRE NOW OPEN | WINTER 2013/14 POSSESSIONS
285 Walden Drive SE | 403.536.7236 | aviurban.com/edison





Harry Styles. ALL PHOTOS GETTY IMAGES

Styles finds silliness in celebration striptease

One Direction's Harry Styles celebrated his 19th birthday Friday with the help of a stripper, a gift sent over from a London radio DJ, according to Sun. Styles, for his part, found the act more comical than sexy. "It was great. I was in stitches. It was really funny," Styles tells the newspaper of the act, in which the woman was dressed as a cop. "The funniest part was that when she finished, she said, 'I'm really sorry. I couldn't find my truncheon, so I had to bring my nunchucks.' That was a bit weird." And lest any of his young fans think

Weapons of mass seduction

"The funniest part was that when she finished, she said, 'I'm really sorry. I couldn't find my truncheon, so I had to bring my nunchucks.'"

Harry Styles on his cop-costumed birthday stripper

anything too untoward happened: "She stripped down to her underwear," according to Styles, "but unfortunately there was a no-nudity policy in the bar."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



So Katie's got her groove back?



THE WORD
Dorothy Robinson
scene@metronews.ca

Katie Holmes is reportedly ready to start dating again after her split from Tom Cruise, but sources say the fallout from their divorce is still having an effect on her, according to Radar Online. "Katie's in a dilemma, because she wants to date but is concerned where it could lead to from there," a source says. "She's worried that if she commits herself fully to another man, she will have to give up the freedom she's enjoying so much at the moment. As a single woman, she has no one controlling her nowadays, telling her what to do or who to see and she absolutely loves it. However, at the same time, she also

misses being with someone special to share experiences with and she doesn't want to be alone for the rest of her life."

Don't worry, Katie. Metro has a few suggestions for a waltz partner for you for this next phase of your life:

John Mayer:
Because everyone hooks up with John Mayer.

Samantha Ronson:
Because Stella should totally get her groove back with a foxy lesbian DJ.

Joshua Jackson:
Because wouldn't a Dawson's Creek reunion be better as a reality show?

Danny DeVito:
Because she has a thing for older, shorter guys.

Ted the talking teddy bear from Ted:
Because that bear made half a billion dollars in the box office last year. Holmes needs to be near that kind of box office success.



Justin Bieber



Selena Gomez

Selena want her Biebs back? A rockstar reunion fuels rumours

A month after what seemed like a pretty permanent breakup, Justin Bieber and Selena Gomez reportedly reunited at Bieber's L.A. home recently, according to Us Weekly. The Spring Breakers actress was spotted

leaving Bieber's place in the morning after reportedly spending the night. It's unclear whether the meeting was romantic or not. "It never ends," an exasperated source tells the magazine. "We'll see. It's such drama with them."



Demi Moore

Demi hoping for Moore than just a discount on her meal?

Demi Moore is spending more time with restaurateur Harry Morton, fueling speculation that the pair is getting serious, according to Us Weekly. Donning a tight dress and five-inch heels, Moore joined Morton for a cosy dinner at a West Hollywood restaurant this weekend. "She

looked really very happy," a source says. Sources seem to be conflicting each other on the nature of Moore and Morton's relationship, with E! News reporting that they've been quietly dating for months while Us Weekly's sources insist they "are absolutely not dating."

Twitter



@DanaDelaney
How do you possibly pack for a 1 month PR trip? I need a valet.



@jessicaalba
I'm so annoyed w my account getting hacked!



@Real_Liam_Payne
As long as I got my suit an tie



@arnettwill
RT Follow me. I'm Will Arnett, for god's sake.

AMASWISSWATCHES.COM

REPAIR, CUSTOM MADE, ENGRAVING, APPRAISALS, BUYING GOLD

20% OFF FEBRUARY SALE

Up to 20% off engagement rings and heart shaped jewellery.

403 265 9883 • Unit 8, 1420 – 9 Ave SE

AMASWISSWATCHES.COM

Wheat Belly fact vs. fiction

How bad is it?

In his best-selling book, *Wheat Belly*, Dr. William Davis slams the much-loved grain, calling it 'a perfect poison.' We asked a nutritionist whether we should follow his advice



ROMINA MCGUINNESS
Metro World News in London

"We have to deal with this incredible blunder that is the over-consumption of

carbohydrates and processed foods," warns cardiologist Dr. William Davis, who believes the "cut out fat, eat more whole grains" concept was fiction to begin with.

Rather, removing wheat from our diet is a huge first step. "We should be eating a high fat, carnivorous diet (and) single ingredient foods such as vegetables, nuts, seeds, eggs, full-fat dairy, lean meats, avocados, olives and coconut — excluding grains and sugar," he says.

In his book, Davis argues how a wheat-free diet can promote weight loss and appetite reduction, and can help lower the risk of heart disease. We asked nutrition consultant Dr. Wilma Kirsten to weigh in on the claims.



So bad it's ... bad. ISTOCK IMAGES



It's not wheat, it's poison

"What we're eating is not wheat but the creation of genetics research in the '60s aimed at increasing yield-per-acre. These methods were crude and imprecise. The result is a genetically unique plant far removed from the original grain. Modern wheat is detrimental to our health — even in minute quantities," Davis tells Metro.

What the nutritionist says:

"No! We've gone through generations of eating wheat — if it was so bad, many people would be dead because of it by now. Health problems are linked to over-consumption."

You could lose 25 to 30 pounds in 3 to 6 months

"Gliadin, the main protein in wheat, stimulates feelings of hunger. The moment you lose it, your appetite shrinks and you crave less foods. On average, you'll take in 400 calories less than you used to each day. The deep visceral fat that resides within the abdomen goes first," says Davis.

What the nutritionist says:

"Yes! A lot of those who cut out wheat go, 'What do I eat now?' Put a baguette in front of me and I'll go through it like a Japanese bullet train. People start replacing wheat with proteins and vegetables."



Some gluten-free foods are terrible

Labels can be misleading, says Davis. "These products are nothing more than junk carbohydrates. They're very destructive as they trigger very severe glycemic potential (high blood sugar levels)."

What the nutritionist says:

"Yes! People want bread — so they buy the gluten-free version, convinced they're making the 'healthier' choice. But these products are bad for us. They're highly refined and generally contain soya or corn flour, two hyper-allergenic foods. Go naturally gluten-free by eating grains like polenta, rice and quinoa instead."

Wheat causes intestinal damage...

"It irritates your gut — stop eating it and you lose an inflammatory drive that makes indigestion, diarrhea and autoimmune diseases occur," says Davis.

What the nutritionist says:

"Yes! Wheat contains the protein gluten, which can irritate the gut lining. This causes inflammation, leading to abdominal cramps and bloating. But not everyone reacts badly. Say I eat wheat-based foods three times a day, whereas you only eat them twice a week. If you then cut them out of your diet, the changes in your body won't be that dramatic, as you didn't eat much in the first place."



... and messes up your blood sugar levels

"In fact — it sends them soaring," says Davis. "Removing wheat from your diet helps lower your blood sugar, which in turn lessens the risk of developing cardiovascular disease."

What the nutritionist says:

"Yes! Low-fibre, refined carbohydrates are easily converted to glucose, causing a spike in blood sugar levels. When these rise too high, your pancreas has to secrete insulin to bring them back down. If this happens, you may be at risk of pancreatic insufficiency."

Germes in your gut could prevent disease



Bacteria in our gut can help boost immunity. ISTOCK IMAGES

Not all bugs are bad. Research finds that manipulating bacteria in the GI tract can protect our health

CELIA MILNE
life@metronews.ca

Germes make us sick, right? But bacteria in our gut can also make us well.

A new Canadian study has found that manipulating bugs in our GI tract can protect us from disease.

"We've got gazillions of bugs in our gut. They're part of who we are," says Dr. Jayne Danska, senior scientist in genetics and genome biology at SickKids Hospital in Toronto. "They help us to digest, make vitamins and train our immune systems to do the right thing."

Danska and colleagues from the U.S., Germany and Switzerland were trying to solve the puzzle of why autoimmune diseases are so much more common in women than men.

In their experiment, they worked with a strain of female mice at high risk for Type 1 Diabetes. They fed the

Tips from Danska

You can help keep your gut healthy by following three simple tips:

- Eat real food (not processed)
- Consume mostly plants
- Don't eat too much

females gut flora from male mice. Instead of 90 per cent of the females developing autoimmune disease, only 25 per cent of them got sick.

3 LIFE

Stand up for your health

Get off your butt!

We sit for hours upon hours every day and it's adversely affecting our health — here's how to get moving

MEREDITH ENGEL

Metro World News in New York

You might want to stand up for this: we're on our butts more than ever during the day, and it's hurting our health.

"We recently conducted a study showing that the life expectancy of U.S. adults

could increase by two years if all adults reduced their sitting time to less than three hours a day," says I-Min Lee, a researcher with Harvard University.

And it gets worse: In October, the New York Times published research from the journal *Diabetologia*, which looked at 18 studies involving nearly 800,000 people.

The authors found that the average adult spent 50 to 70 per cent of his or her time sitting, and that those who sat the most had "a 112 per cent increase in their relative risk of developing diabetes, a 147 per cent increase in their risk for cardiovascular disease and a 49 per cent great-

If you must sit, get a mini workout:

- "Place a Pilates ball between your knees and squeeze and pulse. Do 20 reps and rest, then repeat. This is great for the inner thigh and lower abdominals," says celebrity trainer Simone De La Rue.
- "Straighten your legs

on occasion to prevent tightening of the calves and hamstrings. Flexing each foot while sitting helps, too. Stretching in your chair will also keep your body from locking up. A little bit goes a long way," says Dr. Florence Comi.

er risk of dying prematurely — even if they regularly exercised."

If you're like many of us, you're at your desk most of the day, only to come home and plop down in front of

the TV after work. How to fix this? We asked some trainers for their most practical tips — because breaking the cycle doesn't have to involve swapping your desk chair for an exercise ball!



We're on our butts more than ever and it's hurting our health. ISTOCK IMAGES

Three to compare

Laura Miranda, physical therapist and trainer, stronghealthywoman.com

Drink up. "Keep a bottle of water on your desk at all times. Drink enough so you have to go to the bathroom one or two times an hour. Choose to use the bathroom one floor up or down for even greater effect."

Rob Sulavar, sports nutritionist and trainer, bandanatraining.com

Grab coffee outside the break room. "Office coffee sucks. Plus, the change of scenery might just inspire something genius." Or make like a delivery man: "Go pick up lunch. Don't think of your trip as an inefficiency, think of it as a mental jump-start."

Joey Gonzalez, COO and trainer, barrysbootcamp.com

Lunge, don't lounge: Book the conference room when you have some reading to do, and make use of it. "While reviewing documents, stand up and begin alternating lunges. Every minute or so, hold in the lower position for as long as possible."



Sterling silver charms from \$30

BOW VALLEY JEWELLERS

Downtown
Bow Valley Square
122, 205-5 Ave S.W.
Calgary, Ab
403.234.0888

"Love of My Life" Gift Set Available Starting January 15

Purchase a PANDORA "Love of My Life" gift set for \$225, featuring one Iconic Bracelet, two "Love of My Life" clips, and one "Language of Love" charm in a special porcelain box (a retail value of \$255).*

*Before taxes. Good while supplies last. See our store for details.

U.S. Pat. No. 7,007,507 © 2013 Pandora Jewelry, LLC • All rights reserved • PANDORA.NET



MCKS- Superbrain Yoga

Superbrain Yoga is a valuable gift from Grand Master Choa Kok Sui. This is a simple yet effective technique to energize and recharge the brain. It is based on the principles of subtle energy and ear acupuncture. The exercise allows the body's energy centers to absorb, digest, and distribute prana to the different parts of the body.

This simple exercise offers benefits not just for children and students, but also for adults seeking brain wellness into their senior years. Patients with Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD), Down syndrome, and other developmental challenges and cognitive delays are also aided by this simple exercise.

Benefits of Superbrain Yoga include, but are not limited to:

- Energizing and activating the Brain to balance the organ
- Increasing inner peace
- Reducing psychological stress and providing greater psychological stability
- Greater intelligence and creativity
- Regulating sex drive
- Partial cleansing and energizing on chakras and auras
- Transforming of the lower energies into higher energies
- Increasing the flow of pranic energies within the body
- Spiritual growth

To learn more about the Superbrain Yoga technique and its application, please visit us at www.bodhiwellbeing.com or contact us at 403-452-1469

Edison
AT WALDEN
ANOTHER STEP
FORWARD



INNOVATIVE SOUTH
CALGARY TOWNHOMES
**WITH 2 CAR
GARAGES**

**FROM THE
\$250'S**

SALES CENTRE
NOW OPEN
WINTER 2013/14
POSSESSIONS

285 Walden Drive SE
403.536.7236
aviurban.com/edison

AVIurban



Best Health

Get heart smart — the easy way



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

February is Heart Month, and the latest issue of Best Health outlines some ways to boost your heart health that are actually enjoyable — it's not all fat-free diets and hours on a treadmill!

1. Savour at least two cups of tea a day.

Green is better than black, but any tea is good. A Dutch study of 5,000 healthy people found that only 2.4 per cent who drank two or more cups of tea a day had a heart attack within six years, compared with 4.1 per cent of those who never drank tea.

2. Eat dark chocolate a few times a week.

Several studies suggest that it's good for your heart. The benefits are partly from compounds in chocolate called flavonoids, which help arteries stay flexible. Go for 70 per cent or higher cocoa content, and avoid milk chocolate, which is higher in butterfat.



Eat dark chocolate to keep your heart healthy. ISTOCK IMAGES

3. Have a beer or a glass of red wine once a day.

A study found that men who drank one beer a day for a month lowered their cholesterol levels, increased their blood levels of heart-healthy antioxidants and reduced their levels of a protein that leads to blood clots. Red wine is even better, with up to 10 times more flavonoids.

4. Eat an orange every day, or drink a small glass of orange juice.

Studies suggest that diets

high in Vitamin C may reduce your risk of stroke, especially if you smoke. Brussels sprouts, strawberries, broccoli and red peppers are some other excellent sources of Vitamin C.

For more tips on how to boost heart health, see our article in the January/February issue of Best Health magazine, on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONWS

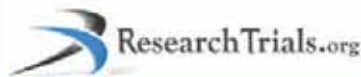
Do you have psoriasis?

Psoriasis is a life-long skin disease with no known cure. It usually appears as dry, red, scaly patches on the skin. It can make the skin itch, burn, flake or bleed.

Institute for Skin Advancement is conducting a research study of an investigational medication for psoriasis.

If you or someone you know is at least 18 years of age who has psoriasis, please contact:

Institute for Skin Advancement
587-351-3025



Advertisement

Finally A Weight Loss Plan That Works

Reduce weight, inches and fat in just 14 days with Almased®

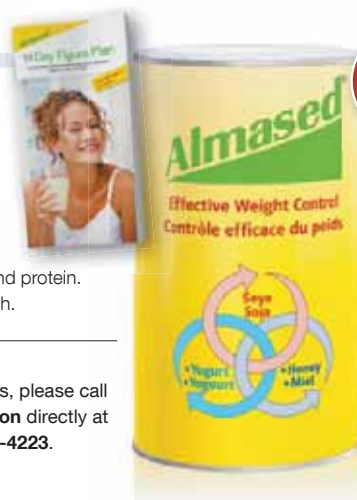
Want a fast, yet safe way to lose weight and look great? Almased offers an effective weight loss solution that boosts energy and preserves muscle mass. Its unique formula is clinically tested to support proper nutrition and quick weight loss. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased blends only fermented non-GMO soy, yogurt and honey, for a formula that allows the body to metabolize

carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and benefit from its metabolism-boosting benefits.

Over 10 years of scientific research shows Almased nourishes the body as it stimulates healthy, long-term weight management and overall good health. Maintain a healthy weight, promote a feeling of well-being and retain muscle mass with Almased.

7 Ways Almased works in the body

1. Reduces weight, inches and fat.
2. Retains muscle mass while losing weight.
3. Has metabolism-boosting properties.
4. Keeps blood sugar balanced.
5. Keeps thyroid function balanced.
6. Helps the body to metabolize carbohydrates, fat and protein.
7. Is an antioxidant for the maintenance of good health.



GLUTEN FREE, NON-GMO

...simply because it works

To find out what else Almased can do, download your free Figure Plan Guide at www.bikini-plan.com. ENTER SOURCE CODE MCA. Available at these fine retailers and health food stores near you:



For retailer inquiries, please call True North Nutrition directly at toll free 1-800-261-4223.



Just a splash of citrus: Pork with Orange-Balsamic Glaze



ROSE REISMAN
for more, visit
roseresman.com

Pork tenderloins are usually sold in packages of two, each package averaging one and a half pounds.

If you buy them from your butcher, the tenderloins may be larger and you'll have to increase cooking time.

Today's improved agricultural methods mean that pork

Ingredients

- 1 1/2 lb pork tenderloin (2 small loins)
- 1/4 cup orange juice concentrate
- 1/4 cup apricot jam
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil
- 2 tsp grated orange zest
- 1 tsp minced garlic
- pinch salt and freshly ground black pepper
- 3 tbsp chopped fresh parsley or cilantro
- 1/4 cup diced dried apricots



This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

can safely be eaten medium or medium-rare.

1. Preheat the oven to 425 F. Line a 9-by-13-inch baking dish with parchment paper.

2. Lightly spray a large non-stick grill pan or skillet with cooking oil and place over high heat.

3. Sear the tenderloins for about 2 minutes per side, or just until browned. Place in the prepared baking pan.

4. To make the glaze, combine the juice concentrate, jam, vinegar, oil, orange zest, garlic, salt and pepper until smooth. Spoon 1/4 cup of the glaze over the tenderloins and bake for

about 20 minutes or until the internal temperature reaches 145 F for medium.

5. Reheat the remaining glaze. Slice the tenderloin and serve with the glaze overtop. Garnish with chopped parsley and diced apricots.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

I am not at all bitter!



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Ayurvedic and traditional Chinese medicine have always suggested bitter greens to "cleanse the liver" and mainstream North American natural health practices are catching on. But, do they really?

The empirical evidence is mixed and technically, according to the Canadian Liver Foundation, the liver doesn't need to be "cleaned," but anything that contributes to a healthy lifestyle contributes to a healthy liver. What we do know is that greens, like dandelion, promote the flow of bile and stimulate its secretion. Bile is needed to break down fats in the body.

A healthy flow of this disgusting green stuff is

needed for good digestion. Good digestion of a super healthy vegetable is enough for me to suggest including it in your diet. You can try:

1. Dandelion greens

2. Arugula

3. Broccoli Rabe (Rapini)

4. Curly Endive

5. Radicchio

The bitterness comes from a specific phytonutrient and each plant has its own amount.

Some producers have bred the bitterness out in order to create a more palatable product, so think about finding the heirloom or organic varieties to get the most pucker for your buck.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



How does a unified accounting profession affect your career path?

CMA and CGA Alberta are moving forward with the unification of both organizations. **Attend an information session for a discussion of our legacy programs and the new national CPA designation.**

February 06, 2013

CMA Alberta Training Centre

300, 1210-8th Street SW, Calgary

12:00 - 1:00 PM or 5:30 - 6:30 PM

Online: February 12, 2013

RSVP: Yourpath@cma-alberta.com

cma-alberta.com

A unified accounting profession

one

Not enough Vitamin C? Try Citrus Chili

It may be cold and bleak outside, but your meals don't have to be. Preparing meals

Ingredients

- 1 tbsp (15 ml) canola oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 green pepper, chopped
- 1 jalapeno pepper, seeded and minced
- 1 tbsp (15 ml) ancho chili powder
- 1 1/2 tsp (7 ml) ground cumin
- 1/2 tsp (2 ml) smoked paprika
- 2 cans (19 oz/540 ml each) black beans, drained and rinsed
- 1 can (28 oz/796 ml) stewed tomatoes
- 1/2 cup (125 ml) each Florida orange and grapefruit juices
- 2 tbsp (30 ml) tomato paste
- 2 tbsp (30 ml) chopped fresh cilantro
- 1 tbsp (15 ml) chopped fresh oregano
- 1 avocado
- 1/3 cup (75 ml) sour cream
- 1 tbsp (15 ml) chopped fresh cilantro
- 1 tbsp (15 ml) Florida grapefruit juice



This recipe makes six to eight servings. NEWS CANADA

with a sweet splash of citrus not only adds flavour, but also nutrients that can help energize you during the dreary months.

This recipe is a healthy update on a winter favourite that incorporates Florida orange and grapefruit juices into a comforting dish.

1. In a large pot, heat oil over medium heat. Cook onion, garlic, green and jalapeno peppers, chili powder, cumin

and paprika for 8 minutes. Stir in beans, tomatoes, orange and grapefruit juices, tomato paste, cilantro and oregano. Bring to a boil. Reduce heat and simmer, stirring occasionally for 20 minutes.

2. In a separate bowl, mash avocado until smooth. Stir in sour cream, cilantro, grapefruit juice and salt to taste. To serve: dollop each serving with avocado cream.

NEWS CANADA

Backstabbers beware! Housewives get real about their relationships

With a little help from my... The six stars of hit Vancouver show talk to Metro about what defines a genuine friend

PHYLICIA
TORREVILLAS
life@metronews.ca

Friendships can be put to the test when you put six very different, opinionated and strong-willed women in one room, let alone cast them in a reality TV show.

Though they may bicker and fight, the six Real Housewives of Vancouver have something in common when it comes to what makes a good friend — they don't like backstabbers, liars and fakers. Robin Reichman, a Texan and Christian, said she's really good at sensing whether a person she meets for the first time will end up in her Christmas card list or not.

"A good friend is some-



The cast of Real Housewives of Vancouver can agree that backstabbers will never be their true friends. HANDOUT

one who is genuinely happy about your success, supportive of anything good that happens to you and not someone who wants to outdo you," the mother of two said.

Ioulia Reynolds, a 27-year-old art consultant, believes honesty is the best thing.

"There's no such thing as being too honest," she said. "If somebody's in my heart and I love them, and they

turn around and backstab me, that's the worst. I will forgive, but I will never forget."

Amanda Hansen, a divorced mother with three young children, said real friends will be there for you no matter what your decisions are.

"My friends may not have been necessarily supportive initially of me doing this

(show), but as soon as they saw that this is what I wanted to do ... they're like, 'If anyone can do this, you can do this. You're the strongest woman I know.' I have the best friends in the world," she added.

Meanwhile Jody Claman said she learned the value of friendship growing up in Merritt, B.C.

"My parents taught me to

'Show me your friends and I'll tell you who you are,' the self-made businesswoman said. "We (lived) in the middle of nowhere. Our ranch butted up to ... (an Aboriginal) reserve for a First Nations band and so we had basic human responsibilities to be kind and support one another."

The show's drama-filled first season left Ronnie Negus and Mary Zilba's friendship broken and it appears there's no reconciliation happening any time soon.

"If something like this gets in the way and takes down that 19-year friendship, then you question that friendship anyways because no show and no nothing could take a friendship down that was solid," Negus said.

Being on the show, Zilba said, revealed who her real friends are. "Ronnie has chosen her alliance and that's Jody (Claman) ... It's sad that she's not my friend anymore. It's sad that she's someone I used to know, not someone I call up anymore," the former Ohio beauty queen said.

Hotel etiquette question

Tipping a butler service

Dear Charles the Butler, My husband and I have an upcoming stay at the Savoy in London, which comes with butler service. We've never stayed in a hotel with butler service before. Do you tip after a given service (for example, give a tip as the butler is leaving the room after, for example, unpacking for us), or do we provide a gratuity at the end of our stay? Or, do we provide a gratuity at all? We don't want to come off as boorish, so please advise. — Clueless Couple.



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmarpherson.com

I know the Savoy hotel well, and the head butler, Sean Davoren, is both a personal friend and one of the most well respected butlers in the U.K. His well-trained team will take very good care of you. But back to your question, the most appropriate time to tip the butler is at the end of your stay and there is no set amount.

It's time to say goodbye to your tax refund



Your tax refund might seem like a financial gift, but it's more like a loan to the government. ISTOCK IMAGES

Alison on money. That government cheque could cost you in future savings



YOUR MONEY
Alison Griffiths
money@metronews.ca

An unexpected financial gift, a surprise bonus at work or a lottery win are all lovely windfalls. But for the average working stiff, the only thing that usually falls into this category is the annual tax refund.

In fact, it isn't really a windfall at all. It's a loan to the government, which is returned to you with little or no interest being paid. Now that is a lousy deal! Since the year is young and tax season close, now is an excellent time to consider removing yourself from the refund ranks.

That government cheque is actually costing you in terms of future savings or current debt.

Here's an example. Say you have \$2,400 on a credit card with a 19.5 per cent interest rate. And let's assume you also average a \$2,400 tax refund annually.

Your plan is to pay the minimum amount 2.5 per cent monthly (starting at \$60) then

wipe out the balance when the tax refund arrives. With what's left (\$240.22) you are going to take your sweetie out for a wonderful dinner.

However, over the year, while the government is hanging on to your money, you will have paid \$446.12 in interest on that credit card debt. So your tax refund is effectively reduced to less than \$2,000.

A far better plan would be to adjust the tax withholding on your paycheck and use the extra money monthly to knock down the debt. In this case, you would be paying \$260 monthly on the debt — the \$60 minimum plus the \$200 not going to the government.

The debt would be discharged in just over 10 months. The interest paid would be \$221.53. Best of all there's \$498.47 free and clear

In numbers

\$1500

The average Canadian tax refund.

by the end of month 12 for a fancy restaurant meal.

The numbers are even more dramatic projected over time. If you saved that \$200 a month for 20 years at an average annual return of four per cent, compounded quarterly, it would amount to more than \$74,000.

Now why would you let the government keep that kind of money when it could be in your own pocket?

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



FREE TRIAL
(CALL NOW!)

Where Fun... Meets Adventure

403.974.5555
Toll Free 1.866.348.5282

LAVALIFEVOICE.COM

metro

RRSP GUIDE

Tuesday, February 5, 2013



Meet with financial advisers until you find one that you are comfortable with when starting to invest in your future. Also, figure out your risk tolerance and identify your goals. ISTOCKPHOTO/THINKSTOCK

RR\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$
\$
\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$P

Earn more, plus more.

1.875%* + **SCRATCH & EARN UP TO A 3% ** BONUS**
RRSP/RRIF/TFSA GIC 14 MONTH

Visit a branch today to build a flexible investment portfolio that suits your needs.

Five Calgary branches to serve you.
cwbank.com

 **CANADIAN WESTERN BANK**
The Working Bank®
Member of CDIC

* Rates subject to change without notice. Available in-branch only.
Interest compounded annually. See branch for full details.
** Scratch & Earn Bonus available on WestEamer® TFSA, RRSP and RRIF
GICs purchased between December 1, 2012 and March 1, 2013 only.

Helpful advice

New investors. There are correct and incorrect ways to start building your future nest egg

JANE
DOUCET
For Metro

Since they were first introduced in Canada in 1957, registered retirement savings plans continue to be one of the best ways to save for retirement. In addition, this type of investment will reduce your taxable yearly income.

"RRSPs are also a good way to build a down payment to buy a house," says Blair Guilfoyle, a certified financial planner in Toronto and a partner with Guilfoyle Financial.

Guilfoyle shares the following insights with those who are new to RRSP investing:

Find an experienced financial adviser

Ask trusted family, friends and colleagues to recommend an adviser, then meet with them until you find one you are comfortable with. "It's important that the person has the required designations, such as certified financial planner or chartered financial analyst,"

Guilfoyle says.

It's also helpful if they have been working in the financial industry for a few years and have a broad range of experience. An independent financial adviser (one not associated with a particular bank) will be able to offer a greater choice of investment companies, as well as other types of financial planning services.

Figure out your risk tolerance

Your adviser will help you determine how much market-volatility risk you are comfortable with and your timeline to withdraw the money, then choose the RRSPs based on that information.

For example, someone with low-risk tolerance who wants to take the funds out in five years to buy a house might do well with conservative guaranteed investments, such as redeemable GICs (guaranteed investment certificates) or conservative mutual funds.

"It's important to have a comprehensive conversation up front about goals

and risk tolerance," Guilfoyle says.

Identify your goals

Do you want to use your RRSPs to save for retirement? Or to buy a house or further your education?

The first step is to decide what you want that pool of cash for. Perhaps you have been contributing for a while and you are ready to buy your first house: The federal government's Home Buyers' Plan allows you to withdraw up to \$25,000 from your RRSPs to buy or build a home.

If you decide to pursue full-time training of post-secondary education — maybe you want to apply to law or medical school after working in another field — you can borrow up to \$20,000 through the Life-long Learning Plan.

Don't be discouraged by market dips

It's important to know at the outset that there will be market volatility in the future.

When your portfolio does dip, don't panic — the dips will be temporary.

"Don't jump in and out of investments because you're nervous about market performance," Guilfoyle says.



Investing in your future savings can lead to varying strategies, depending on your age. PIXLAND/THINKSTOCK

Strategies for life's stages



TALBOT BOGGS
Smart Investing

With more and more evidence that Canadians are not financially preparing for retirement, the need to start saving earlier in life and put in place sound financial registered retirement savings plan (RRSP) strategies are becoming increasingly important.

A recent annual survey by BMO Financial Group found that the number of Canadians who have an RRSP is increasing. Unfortunately, most are not contributing anywhere near the maximum they can.

The report found that 67 per cent of Canadians have an RRSP, up six per cent from 2011, and 72 per cent expect to contribute the same amount as they did last year. However, the annual contribution last year was only \$4,670 — about 21 per cent of the annual allowable contribution room — and industry reports now suggest that total unused RRSP contributions will hit \$1 trillion by 2018.

"The trend is encouraging, but it is not moving fast enough," says Steve Shepherd, vice-president and investment strategist with BMO Global Asset Management.

Only 49 per cent of younger Canadians between the ages of 18 and 34 plan to open an RRSP in the next five years, and a little more than half of that age group plan to, or have been making contributions toward their RRSPs. Only 30 per cent know the size of their annual RRSP contribution limit.

Young people in their 20s often make the mistake of not



There are a number of ways to save for your future. JUPITERIMAGES/CREATAS

investing because they don't feel they have enough money at that stage in their lives to make it worthwhile.

"Forty per cent don't feel they have enough saved to invest," Shepherd says. "But it's important to get into the savings habit, even if it's only \$50 a month because what's important in investing is how long you're in the market. The sooner you get started the better."

A portfolio at that stage of life could typically be more heavily weighted to long-term equities, but the decision often will be determined by an individual's risk tolerance. Given the current low interest rate environment, long-term returns can be a lot higher than what you can get from fixed income, overcoming inflation and still pro-

viding a real return.

"In the 20s, a lot of people might have a figure in mind that they need for retirement, but as their lifestyle builds by the time they hit 55 they realize that figure won't do and they should have been saving more and should have tweaked their plan," says Bill Jack, Toronto regional director with Investors Group. "A plan has to be fluid and change over time."

In their 30s and 40s, people tend to get married, have children, buy a house or condo and one of the spouses or partners may leave the workforce, resulting in higher household debt and lower income.

In this stage of life there may be more opportunities to save through other options like the tax-free savings account and registered educa-

tion and registered disability savings plans.

"These are all available, but you need to have a sound budget," Shepherd says. "A portfolio would typically become more conservative with less volatility but still with some growth — perhaps about 55 per cent in equities and 45 per cent in fixed income including about 25 to 30 per cent in bonds."

Portfolios during the 50s and 60s would typically become more balanced, shifting away from volatility and equities and more into fixed income. A lot of people make the mistake of just looking at what kind of returns they think they will need in retirement without factoring in other influences such as inflation.

After age 65, the primary financial focus generally is on generating a steady income stream and protecting it from the ravages of inflation and taxes.

And seek the help of a professional adviser.

"Studies have shown that investors who work with an adviser get three to six times more in investment capital," Jack says.

"The reason is that they make you go through the exercise of setting goals and then ensure checks and balances are in place to help you get there."

THE CANADIAN PRESS

TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

**RRSP
Deadline
March 1, 2013**

Shop. Bank. Invest.



**Ask us[†] about
Index Mutual Funds
for your RRSPs.***

**Call 1-888-236-6358
or visit an in-store
pavilion today.**

pcfinancial.ca/invest

President's Choice
FINANCIAL



* Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated.
© PC, President's Choice, PC Financial and President's Choice Financial are registered trademarks of Loblaw's Inc.
† President's Choice Financial personal banking services are provided by the direct banking division of CIBC.

Refund. Wise ways to put your money to work

JANE
DOUCET
For Metro

Great news! Thanks to your RRSP, you are getting an income tax refund. And as much as you would like to spend it on something fun, you probably should use it wisely.

Stephanie Holmes-Winton, a Halifax-based financial adviser and president and CEO of The Money Finder, has

these six suggestions for how to do so:

1 Build an emergency savings fund. When it comes to a refund, try to pretend that you never had the money in the first place so you don't blow it on something frivolous.

"It's hard to do but not impossible," Holmes-Winton says. The ideal emergency fund should cover six months of such necessary expenses as mortgage or car payments,

rent, food and utilities. Most people turn to debt — credit card or line of credit — in a financial crisis; having a sizable emergency fund in place means you shouldn't have to.

2 Make a lump-sum payment on your mortgage. If you do this every year that you receive a refund, the reduction in payments will add up over time. "That means you'll pay less on both the principal and interest," Holmes-Winton says.

3 Top up your "fun" money. If you are planning to take a holiday or do minor home renovations in the near future, put the refund in a high-interest savings account until you are ready to use it. "Then maybe you can afford marble countertops instead of laminate," Holmes-Winton says.

4 Start a tax-free savings account (TFSA). It's a smart idea to use one type of retirement savings to start an-

other complementary type of retirement account. A TFSA is a flexible, registered, general purpose savings account that earns tax-free investment income to more easily meet lifetime savings needs.

5 Put it toward next year's RRSP. The smart thing to do in this case is to open a separate savings account with no debit card access. "That makes it a slower process to access those funds," Holmes-Winton says. "If you know it's

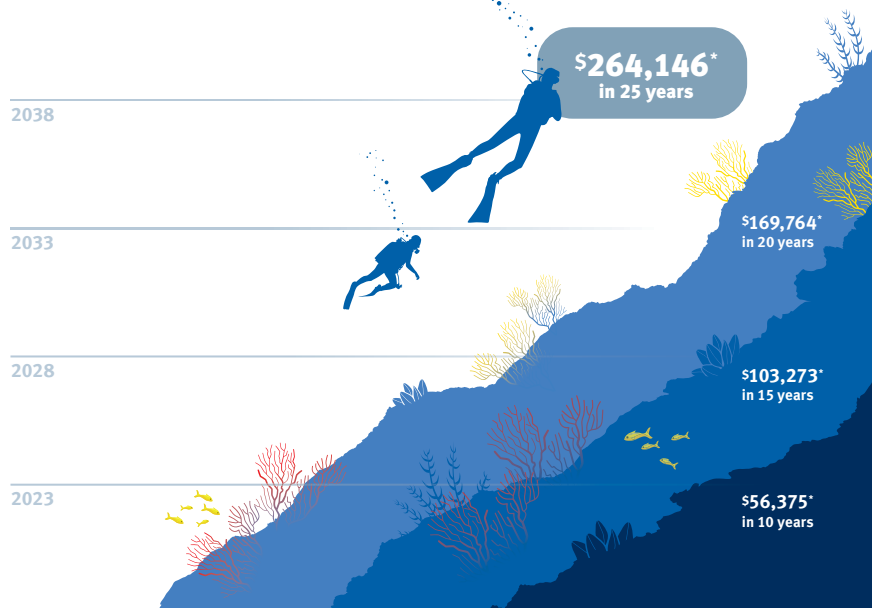
going to take a few days to get the money, you'll be less likely to spend it impulsively."

6 Get the family's input. If you have children who are elementary school age or older, hold a family meeting to ask them how they think the refund should be spent. "Tell them how much the refund is and say you'd like their help on how the family should spend it," Holmes-Winton says. "Kids can come up with some fantastic ideas."



RBC Royal Bank

When you've finally got the time – have the money too.



Regularly investing \$75 a week opens up extraordinary possibilities.

Talk to an RBC® advisor, call 1-866-809-2775 or visit rbc.com/reef

Advice you can bank on™



The sooner you start investing and building an RRSP, the sooner you can start taking advantage of compound interest. BRAND X PICTURES/THINKSTOCK

Get interested in saving early

If you have heard it's better to start putting money into RRSPs early in life, you heard right. But how young can you be when you start? And how much money do you need to invest during those early days?

"You can begin accumulating RRSP contribution room as soon as you file your first tax return, and you may open an RRSP as soon as age 18, depending on your financial institution's policy," says Robert McCullagh, a Calgary-based certified financial planner with Benefit Planners Inc. and a past chair of Advocis, The Financial Advisors Association of Canada.

The beauty of socking cash into an RRSP early in life is what's called compound interest. "That means the RRSP earns interest on the interest it earned in a previous period," McCullagh says. "It's exponential growth over time." McCullagh offers these tips to getting into the RRSP game sooner rather than later:

\$15 or \$25 per month until you start earning more. "I tell my clients that it's important to do something rather than nothing, and sooner rather than later," McCullagh says. "Saving consistently annually will give you retirement income indefinitely."

Consider an RRSP loan

In some cases, it might be to your advantage to borrow money to contribute to your RRSP.

"While you should use the RRSP receipt for the same period of time as the loan payments," McCullagh says, "the refund can be used to pay down debt, invest in a tax-free savings account or spend."

Form good financial habits

If you start saving and spending responsibly at a young age, it becomes habit-forming and a way of life. "For example, when you get a raise at work, give your RRSPs a raise," McCullagh says.

When you see the positive results of your healthy financial habits, it will motivate you to continue them.

It's OK to start small

Even if you only can spare

JANE DOUCET

NHL

Vanek garners first-star status

Buffalo Sabres left-winger Thomas Vanek was named the NHL's first star of the week on Monday after leading all players with 10 points last week.

Pittsburgh Penguins left-winger Chris Kunitz earned the second star and Vancouver Canucks goaltender Roberto Luongo picked up the third star.

Vanek recorded five goals and five assists in four games.

THE CANADIAN PRESS



Buffalo Sabre Thomas Vanek celebrates scoring against the Boston Bruins on Thursday.

GETTY IMAGES

NHL

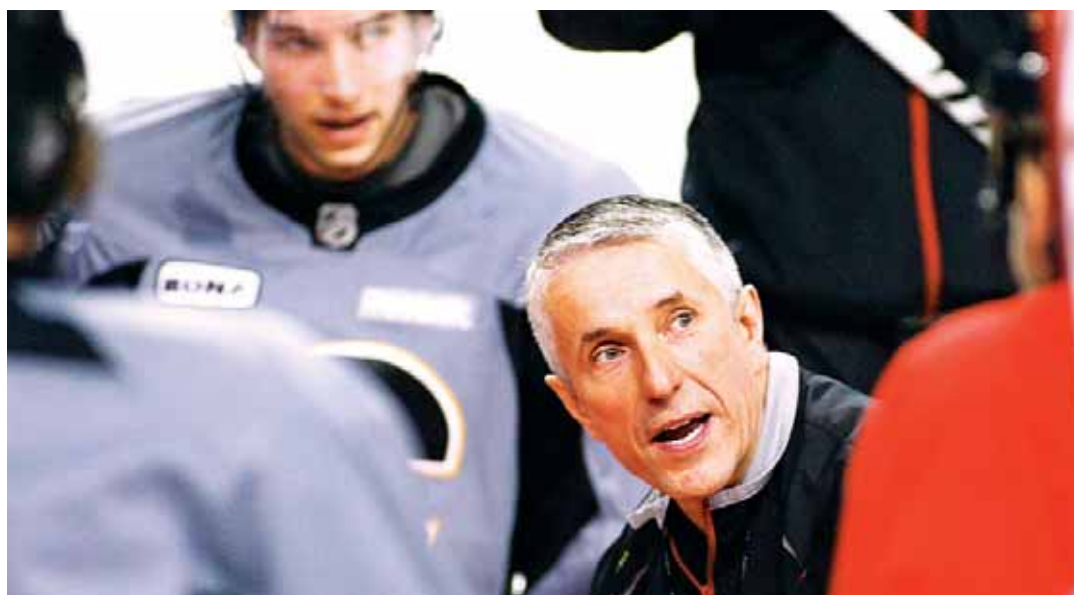
Rangers and Wild wheel and deal

The New York Rangers traded rugged forward Mike Rupp to the Minnesota Wild on Monday for forwards Darroll Powe and Nick Palmieri.

The Rangers have been looking for depth at forward to complement their top line of Rick Nash, Brad Richards and former Wild star Marian Gaborik. New York is also dealing with the loss of captain Ryan Callahan, who is currently sidelined by a dislocated shoulder.

Rupp has played in 565 NHL games over 10 seasons with New Jersey, Phoenix, Columbus, Pittsburgh and the Rangers.

THE ASSOCIATED PRESS



Calgary Flames head coach Bob Hartley goes over a drill with players during training camp last month. Hartley has experienced shaky starts in his career and he's confident the Flames can turn around their 1-3-2 record. JEFF MCINTOSH/THE CANADIAN PRESS

Hartley undeterred by sluggish start

A history of resilience.

Flames coach calls Saturday's shootout loss to Chicago a 'building block'

Bob Hartley has experienced tough starts as a coach in the past and he's confident the Calgary Flames have what it takes to improve upon their 1-3-2 record.

On Monday, he recalled that when he broke into the NHL as head coach of the Colorado Avalanche in 1998-99, his team bounced back after a sluggish start.

"My first year in Colorado, we were 2-5 and we made it to Game 7 of the Stanley Cup semifinals," Hartley said.

Missed opportunities

"We've done a lot of good things, but at the end of the day we have left some points on the table."

Calgary Flames defenceman Mark Giordano

"Last year in Zurich we were 5-8 and we won the championship. There's plenty of examples like this."

Hartley guided the ZSC Lions to a Swiss League title last season before being hired to coach the Flames in late May.

His Calgary side is coming off a disappointing 3-2 shootout loss at home to the Chicago Blackhawks on Saturday night. The Flames now head out on a three-game road trip starting in Detroit on Tuesday.

It will be forward Jiri Hud-

ler's first game back at Joe Louis Arena since signing as a free agent with the Flames in the off-season.

"Obviously I want to win so bad," said Hudler, who has five points in three games this season. "First time going back, I've got a lot of good friends there and it's going to be a lot of fun, but at the same time we need the points."

Hartley commended his players for a fine performance against Chicago. The Flames were dominant at times against the league-leading Blackhawks (7-0-2),

who stole the victory thanks to a 45-save performance by goalie Ray Emery and a clutch shootout goal by Chicago captain Patrick Kane.

"We're doing some good things," Hartley said. "We're building on a good foundation. I would like to see our guys getting rewarded because I think that they deserve better."

Hartley believes the Flames will have momentum on their side following Saturday's performance against the Blackhawks.

"We're right there and I feel that we're showing progress," Hartley said. "It's going to be a good building block for us, but at the same time we need to cash in on our chances and rack up some wins."

THE CANADIAN PRESS

4 SPORTS

100% APPROVAL RATING

APPLY NOW AT CREDITCALGARY.COM

CREDIT CALGARY

Bad credit? No credit?
You're still approved.



OVER 1000 NEW VEHICLES AND
OVER 500 USED VEHICLES
TO CHOOSE FROM

SHAW
GMC CHEVROLET BUICK

AMVIC
LICENSED
BEST
MANAGED
COMPANIES

4520 Blackfoot Trail SE
Calgary, AB T2G 4G2 403-569-5417

新台好集
HAPPY NEW YEAR

CELEBRATE
CHINESE NEW YEAR
AT SUNRIDGE NISSAN!

SATURDAY, FEB 9TH, 2013

- FREE REFRESHMENTS
- TRADITIONAL FOODS
- LION DANCE!!!
(STARTS @ 2:00PM)

- FREE RED&GOLD T-SHIRTS
- SPIN FOR A RED POCKET!

cny.sunridgenissan.com



121371

ONLY 6 XTERRAS LEFT!

2012 NISSAN

XTERRA SV

BRAND NEW, NO MILEAGE, 4.0L V6 AUTO 4WD,
261 HORSEPOWER, BLUETOOTH, REMOTE LOCKS

WAS: \$39,598
SALE: \$32,345* **\$208** B/W*



121949

5 TO CHOOSE FROM!

2012 NISSAN

VERSA HATCHBACK
MANUAL

BRAND NEW, NO MILEAGE, A/C,
1.8L 4CYL, POWER OPTIONS

WAS: \$17,645
NOW: \$14,165* **\$93** /BI-WEEKLY*



130482

155 ROGUES IN STOCK!

2013 NISSAN

ROGUE S FWD

2.5L 4CYL AUTO, A/C,
PWR WINDOWS/DOORS

WAS: \$25,728
NOW: \$22,665* **\$148** /BI-WEEKLY*

ALL OUR PRICES AND PAYMENTS INCLUDE FRIEGHT, FEES AND TAXES!



Disneyland Draw

WIN A TRIP FOR 4 TO DISNEYLAND!
FOR DETAILS ON HOW TO ENTER VISIT
DISNEYLAND.SUNRIDGENISSAN.COM

NEW BUYER PROGRAM!*

NO CO-SIGNERS NECESSARY!
FINANCING AS LOW AS 0%!
PAY ONLY \$500 DOWN!

SERVICE SPECIAL
Maintenance 2

Oil & Filter Change*
Brake inspection
Tire Rotation
Underbody Inspection

\$109.95

CHECK OUT OUR MANAGERS SPECIALS
AND OTHER SPECIALS ONLINE!

SPECIALS.SUNRIDGENISSAN.COM

SUNRIDGENISSAN.COM SUNRIDGENISSAN.COM SUNRIDGENISSAN.COM SUNRIDGENISSAN.COM

SUNRIDGE NISSAN

NISSAN Commercial Vehicles

3131 32 Ave NE, Calgary, AB

SUNRIDGENISSAN.COM

CALL JON NOW
DRIVE TODAY!
403-999-9283
CREDITING.CALGARY.COM

403-291-2626

AMVIC LICENSED

2701 32 AVE NE 3131 32 AVE NE



2701 32 AVE NE 3131 32 AVE NE

*SEE DEALER FOR DETAILS. PAYMENTS O.A.C. 1. XTERRA: \$0 DOWN, 4.99% FOR 84 MTH. 2. VERSA: \$0 DOWN, 4.99% FOR 84 MTH. 3. ROGUE: 4.99% FOR 84 MTH. TAXES (GST, \$20 TIRE & \$100 A/C) AND FEES (\$399 ADMINISTRATION, \$145 WHEEL LOCKS & NITROGEN & \$5.25 AMVIC) INCLUDED. ERRORS & OMISSIONS EXEMPT. VEHICLES MAY NOT BE EXACTLY AS SHOWN.

metro

24

metronews.ca
Tuesday, February 5, 2013

In the dark over cause of outage

Lights-out Super Bowl. Culprit of power outage may not be known for days, says energy company exec

Who turned out the lights?

The day after the 34-minute blackout at the Super Bowl, the exact cause — and who's to blame — is unclear, though a couple of potential culprits had been ruled out.

It wasn't Beyoncé's electrifying halftime performance, according to Doug Thornton, manager of the state-owned Superdome, since the singer had her own generator. And it apparently wasn't a case of too much demand for power. Meters showed the 76,000-seat stadium was drawing no more electricity than it does during a typical New Orleans Saints game, Thornton said.

The lights-out game Sunday proved an embarrassment for the Big Easy just when it was hoping to show the rest of the



San Francisco 49ers kicker David Akers waits during a power outage on Sunday during the Super Bowl in New Orleans. GETTY IMAGES

world how far it has come since Hurricane Katrina in 2005. But many fans and residents were forgiving, and officials expressed confidence that the episode wouldn't hurt the city's hopes of hosting the championship again.

NFL commissioner Roger Goodell said the city did a "terrific" job hosting its first pro-football championship in the post-Katrina era, and added:

A big deal in Canada

18.2M

Overall, more than 18.2 million viewers in Canada watched some or all of the game on RDS or CTV, CTV said. The game attracted an average audience of 7.33 million viewers on those channels.

"I fully expect that we will be back here for Super Bowls."

The problem that caused the outage was believed to have happened around the spot where a line that feeds current from the local power company, Entergy New Orleans, connects with the Superdome's electrical system, officials said. Whether the fault lay with the utility or the Superdome was not clear.

Determining the cause will probably take days, according to Dennis Dawsey, a vice-president for distribution and transmission for Entergy.

Sunday's Super Bowl was New Orleans' 10th as host, and officials plan to make a bid for an 11th in 2018.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OT	GF	GA	Pt
Pittsburgh	9	6	3	0	30	22	12
New Jersey	8	4	1	3	20	19	11
NY Islanders	8	4	3	1	27	26	9
NY Rangers	8	4	4	0	19	22	8
Philadelphia	9	3	6	0	21	26	6

NORTHEAST DIVISION

	GP	W	L	OT	GF	GA	Pt
Boston	8	6	1	1	24	19	13
Montreal	8	6	2	0	26	17	12
Ottawa	9	5	3	1	25	16	11
Toronto	9	4	5	0	22	27	8
Buffalo	9	3	5	1	27	33	7

SOUTHEAST DIVISION

	GP	W	L	OT	GF	GA	Pt
Tampa Bay	8	6	2	0	39	21	12
Carolina	8	4	4	0	22	24	8
Winnipeg	8	3	4	1	24	32	7
Dallas	8	3	5	0	20	30	6
Washington	9	2	6	1	21	33	5

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OT (other loss) column.

Monday's results

Carolina 4 Toronto 1
Dallas 3 Colorado 2
Phoenix 2 Minnesota 1
Vancouver 3 Edmonton 2 (OT)
San Jose at Anaheim

Sunday's results

Pittsburgh 6 Washington 3
Montreal 2 Ottawa 1
Florida 4 Buffalo 3
New Jersey 3 NY Islanders 0
Tuesday's games — All Times Eastern
Toronto at Washington, 7 p.m.
Los Angeles at Columbus, 7 p.m.
Pittsburgh at NY Islanders, 7 p.m.
NY Rangers at New Jersey, 7 p.m.
Tampa Bay at Philadelphia, 7:30 p.m.
Calgary at Detroit, 7:30 p.m.
Buffalo at Ottawa, 7:30 p.m.
Florida at Winnipeg, 8 p.m.
Nashville at St. Louis, 8 p.m.
Chicago at Colorado, 10:30 p.m.
Wednesday's games
Boston at Montreal, 7:30 p.m.
Anaheim at Colorado, 9:30 p.m.
Dallas at Edmonton, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OT	GF	GA	Pt
Chicago	9	7	0	2	28	20	16
St. Louis	8	6	2	0	31	19	12
Detroit	8	4	3	1	22	24	9
Nashville	8	3	2	3	14	20	9
Columbus	9	3	5	1	18	28	7

NORTHWEST DIVISION

	GP	W	L	OT	GF	GA	Pt
Vancouver	9	5	2	2	24	22	12
Edmonton	9	4	3	2	22	24	10
Minnesota	9	4	4	1	21	24	9
Colorado	9	4	5	0	21	23	8
Calgary	6	1	3	2	16	24	4

PACIFIC DIVISION

	GP	W	L	OT	GF	GA	Pt
San Jose	8	7	0	1	30	14	15
Anaheim	7	5	1	1	27	22	11
Phoenix	10	4	4	2	29	27	10
Dallas	10	4	5	1	20	25	9
Los Angeles	7	2	3	2	16	23	6

NFL

SUPER BOWL XLVII

Sunday's result — at New Orleans

Baltimore 34 San Francisco 31

First Quarter

Bal — Boldin 13 pass from Flacco (Tucker kick), 10:36.

SF — FG Akers 36, 3:58.

Second Quarter

Bal — Pitta 1 pass from Flacco (Tucker kick), 7:10.

Bal — Jones 56 pass from Flacco (Tucker kick), 1:45.

SF — FG Akers 27, 0:00.

Third Quarter

Bal — Jones 108 kickoff return (Tucker kick), 14:49.

SF — Crabtree 31 pass from Kaepernick (Akers kick), 7:20.

SF — Gore 6 run (Akers kick), 4:59.

SF — FG Akers 34, 3:10.

Fourth Quarter

Bal — FG Tucker 19, 12:54.

SF — Kaepernick 15 run (pass from Kaepernick to Moss), 9:57.

Bal — FG Tucker 38, 4:19.

SF — Safety Culliver snapped ball out of end zone, 0:04.

Attendance — 71,024 at New Orleans.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	31	14	.689	—
New York	31	15	.674	1/2
Indiana	29	19	.604	3 1/2
Chicago	29	19	.604	3 1/2
Brooklyn	28	19	.596	4
Atlanta	26	20	.565	5 1/2
Milwaukee	25	21	.543	6 1/2
Boston	24	23	.511	8
Philadelphia	21	26	.447	11
Detroit	18	31	.367	15
Toronto	17	33	.354	15 1/2
Orlando	14	34	.292	18 1/2
Cleveland	14	34	.292	18 1/2
Washington	12	35	.255	20
Charlotte	11	36	.234	21

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	38	11	.776	—
Oklahoma City	36	12	.750	1 1/2
L.A. Clippers	34	16	.680	4 1/2
Memphis	30	16	.652	6 1/2
Golden State	30	17	.638	7
Denver	30	18	.625	7 1/2
Utah	27	22	.551	11
Houston	26	23	.531	12
Portland	25	23	.521	12 1/2
L.A. Lakers	22	26	.458	15 1/2
Dallas	20	28	.417	17 1/2
Minnesota	18	27	.400	18
Sacramento	17	33	.340	21 1/2
Phoenix	16	32	.333	21 1/2
New Orleans	15	33	.313	22 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

Monday's results

Washington 98 L.A. Clippers 90

Philadelphia 78 Orlando 61

Indiana 111 Chicago 101

New York 99 Detroit 85

Miami 99 Charlotte 94

Oklahoma City 112 Dallas 91

Portland 100 Minnesota 98

Utah 98 Sacramento 91 (OT)

Sunday's results

Boston 106 L.A. Clippers 104

L.A. Lakers 98 Detroit 97

Miami 100 Toronto 85

Tuesday's games — All Times Eastern

Atlanta at Indiana, 7 p.m.

L.A. Lakers at Brooklyn, 7:30 p.m.

Phoenix at Memphis, 8 p.m.

Golden State at Houston, 8 p.m.

Milwaukee at Denver, 9 p.m.



Horoscopes

Aries

March 21 - April 20

The world around you may be chaotic but you are a vision of calm. It may be unusual for you to be this laid-back. But if you are smart, you will do whatever it takes to make it last as long as possible.

Taurus

April 21 - May 21

Changes in your place of work may be causing you all sorts of problems at the moment but there is really nothing to worry about. In fact, in the longer term these changes may be just what you need.

Gemini

May 22 - June 21

Be dynamic. Be different. The more chances you take between now and when the Sun changes sign in a couple of weeks time, the more options you will have later in the year. Dare to follow your dream.

Cancer

June 22 - July 23

You need to confront your fears head-on. The planets urge you to be brave and face up to what has been worrying you these past few months. Make this the day when you seize back the initiative.

Leo

July 24 - Aug. 23

No one has the power to burst your bubble. The more others spin tales of despair and destruction, the more you will laugh in their faces. Quite right too. Life is good and getting better by the day, the hour, the minute.

Virgo

Aug. 24 - Sept. 23

Your attitude seems a lot more positive now, especially where relationships are concerned. No doubt it has something to do with Mercury's move into your opposite sign. It signals a more upbeat approach to life in general.

Libra

Sept. 24 - Oct. 23

Cosmic activity in your fellow Air sign of Aquarius urges you to be adventurous. You can be a star over the next few days, if you have the guts to go out there and make a spectacle of yourself. So, do you?

Scorpio

Oct. 24 - Nov. 22

Go along with what your friends suggest today, even if your heart is not really in it. Chances are it will develop into the kind of situation where you not only have a lot of fun but make some money as well.

Sagittarius

Nov. 23 - Dec. 21

If you have not made up your mind about where your next vacation will be, you must get on it straight away. The Sun moves out of the travel area of your chart in two weeks. Make a decision by then.

Capricorn

Dec. 22 - Jan. 20

Because you can see both sides of an issue, you may find it hard deciding who to support. But what makes you think such a decision is necessary? Stand back and let your rivals fight among themselves.

Aquarius

Jan. 21 - Feb. 19

The Sun remains in your sign until the 18th, which means you have plenty of time to make your mark. Whatever successes you have enjoyed or failures you have endured, put them all behind you and do something remarkable.

Pisces

Feb. 20 - March 20

Mind planet Mercury moves into your sign today, making it easier for you to see things as they really are rather than as how other people want you to see them. You'll realize that most of your fears are unfounded. **SALLY BROMPTON**

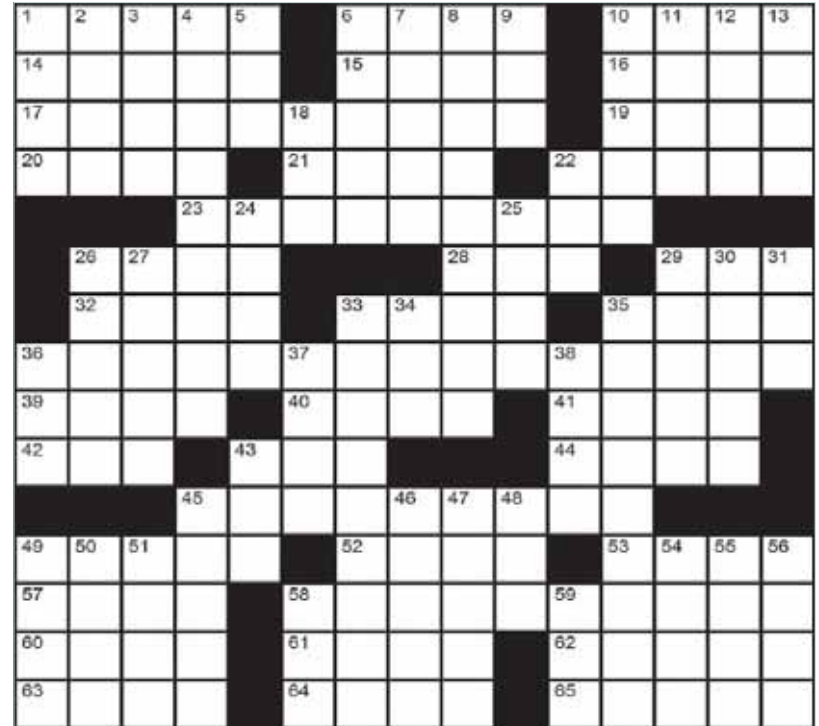
Crossword: Canada Across and Down

Across

1. Actor Johnny's surnamesakes
6. Barney and Betty's baby, when doubled
10. Air heroes in war
14. All
15. 16 Wing Borden, the 'Birth-place of the _____'
16. Credit card
17. 1700s French fortress on Cape Breton Island
19. How Canada Geese fly, ___ _ shape
20. Bag style
21. Wine bottle plug
22. Raising the Roof's money-raising red hat to help the homeless
23. Meewasin Valley Trail locale
26. Commedia dell'___ (Centuries-old improvised comedy)
28. Like some humour
29. Cable network
32. "___ & Stitch" (2002)
33. US music trade org.
35. Ireland
36. Peter MacKay's government job: 2 wds.
39. Paris airport
40. Port of Yemen
41. Leave out
42. Hiver's French opposite
43. "So long."
44. Meshworks
45. Support together
49. Honeydew ___
52. Cut of meat
53. Swiss peaks
57. "Pronto!"
58. Provincial bird of Ont.: 2 wds.
60. Foot injury result
61. Prefix to 'allergic'
62. Air freshener target
63. Some slitherers
64. Greyish
65. Boat poles

Down

1. Shoulder muscle, informally
2. Cooking oil, to Rachael Ray
3. ___etre (Perhaps, in Montreal)
4. Vancouver-born actor Jason

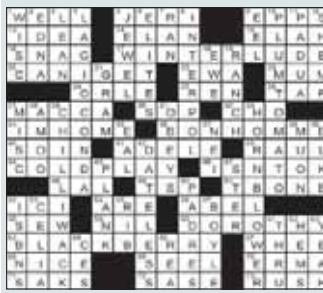


5. Method [abbr.]
6. Stream
7. Luxury brand from Honda
8. Samuel Langhorne Clemens' pen name: 2 wds.
9. Factory activity [abbr.]
10. Engine bird flying over Montreal?
11. Five: French
12. Jacob's twin in the Bible
13. Conserve
18. Cavemen yrs.
22. Mattel product

24. "___ Flux" (2005)
25. Port city of Algeria
26. ___ Bay, British Columbia
27. ___ through (Plunder)
29. Band's cue to start: 2 wds.
30. Wrestling great Mr. Hart's
31. Not 'neath
33. Sends out soldiers again
34. "___ Mine" by The Beatles
35. Victor Hugo character
36. Anonymous surname
37. Small islands
38. Prefix to 'sphere'

43. "___ voyage!"
45. Hamilton's ___ Coliseum
46. Pizazz
47. Leonard of "Star Trek"
48. ___-Cat (Ski hill machine)
49. ___ fide (In bad faith)
50. 'Photosynth' suffix
51. Light source
54. Toilets, British-style
55. Sulk
56. Grads-to-be, for short
58. "___-ching!"
59. Name: French

Yesterday's Crossword

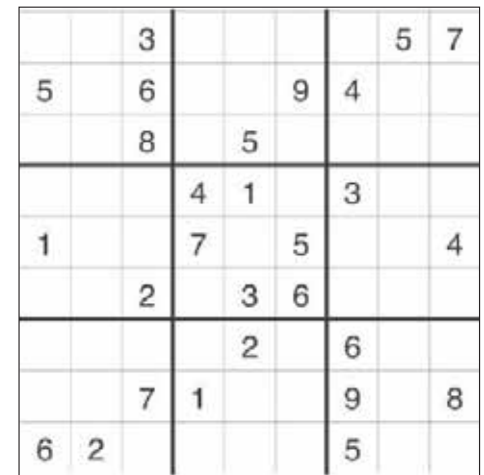


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 4°
MIN: -5°

WEDNESDAY



MAX: 4°
MIN: -3°

THURSDAY



MAX: -1°
MIN: -8°



ANDREW SCHULTZ
METEOROLOGIST

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS 5:30 AM



GOD'S PROMISE

God showed His great love for us by sending Jesus to die for us while we were still so far from Him.

(Romans 5:8)

HISPROMISES.ORG | [@HISPROMISES4ME](https://www.facebook.com/HISPROMISES4ME)

Edison
AT WALDEN
ANOTHER STEP FORWARD

INNOVATIVE SOUTH CALGARY TOWNHOMES
WITH 2 CAR GARAGES
FROM THE \$250S

SALES CENTRE NOW OPEN | WINTER 2013/14 POSSESSIONS
285 Walden Drive SE | 403.536.7236 | aviurban.com/edison

AVIurban

Adventure!
Teach English Overseas

- TESOL Certified in 5 Days
- In-Class or Online
- No Degree Required!

1.888.270.2941
Job Guaranteed!

Next in-class course: Feb 6th - 10th, 2013
Next Seminar: Feb 20th, 2013 @ 7pm
Travelodge University Hotel - 2227 Banff Trail NW
www.globaltesol.com

GLOBAL TESOL COLLEGE
Real English Worldwide

Impress your family. Tell them you "bought it."



Get a FREE Samsung® 40" HDTV when you sign up
for Optik TV™ and Internet on a 3 year term.*

Call **310-MYTV (6988)**, go to **telus.com/optik**
or visit your **TELUS Store or Authorized Dealer**.



TELUS STORE OR AUTHORIZED DEALER

Northwest

Beacon Hill Centre
Dalhousie Station
Market Mall
North Hill Centre
Northland Village Mall
207 14th St. NW
822 Crowfoot Cres. NW

Northeast

Country Hills Town Centre
CrossIron Mills
Deerfoot Mall
Marlborough Mall
Pacific Place
Sunridge Mall
1353 32nd Ave. NE
2520 23rd St. NE

Southwest

Banker's Hall
Bow Valley Square
Chinook Centre
The Core
Southcentre Mall
Westbrook Mall
Westhills Towne Centre
321 6th Ave. SW
1708 8th St. SW
2008 33rd Ave. SW
4623 Bow Trail SW
6039 Centre St. S
16061 MacLeod Trail S

Southeast

Deerfoot Meadows
Quarry Park
Shepard Centre
1061 Macleod Trail SE
1288 42nd Ave. SE
3012 17th Ave. SE
4410 50th Ave. SE
7845 Flint Rd SE

Airdrie

2145 Summerfield Blvd.

Strathmore

55 Wheatland Trail
331 3rd Ave.

Okotoks

31 Southridge Dr.
118 Elizabeth St.

*Offer available until May 6, 2013, to residential customers who have not subscribed to TELUS TV or Internet in the past 90 days. Minimum system requirements apply. Final eligibility for the services will be determined by a TELUS representative at the point of installation. TELUS reserves the right to modify channel lineups and packaging. Prices may vary without notice. Cannot be combined with other offers. HDTV input equipped television required to watch HD. Samsung HDTV offer available while quantities last and cannot be combined with promotional prices. TELUS reserves the right to substitute an equivalent or better product without notice. Manufacturer's suggested retail price of 40" Samsung HDTV is \$949. Cancellation fee for early termination of a service agreement will be \$23/mo. for the Samsung HDTV multiplied by the number of months remaining in a term and \$10/mo. for TV service. TELUS, the TELUS logo, Optik, Optik TV and the future is friendly are trademarks of TELUS Corporation, used under licence. Samsung and the Samsung logo are trademarks or registered trademarks of Samsung Canada. © 2013 TELUS.